GOLDEN AGE: Forget about birthdays! Habits determine how old you are | **Inside**

express

Get fit Tuesdays in Express
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX142c 1x1.75

A PUBLICATION OF The Washington Post | PLAN YOUR NIGHT AT WWW.EXPRESSNIGHTOUT.COM | DECEMBER 23, 2008 | >>FREE<<

Tuesday

MEL EVANS/AP

Mohamad Ibrahim Shnewer's son was convicted.

Fort Dix Plot: Jury convicts 5 for planning to kill GIs | 3

Gang War: Mexico vows to respond to soldiers' deaths | 8

Good Times: Redskins' mood changes with win over Eagles | 12

ENTERTAINMENT

Dog People: *Jennifer Aniston*, Owen Wilson and a pooch star in 'Marley & Me.' Plus, 'Aqua Teen Hunger Force' and 'Metalocalypse' on DVD.

>> 15-22

Toyota Projects Its First Loss

Global economic crisis catches up to the Japanese auto giant

NAGOYA, JAPAN | Toyota Motor Corp. said Monday it will report the first operating loss in 70 years, acknowledging that after a decade of rapid growth, it can no longer escape the slowdown plaguing the global auto industry.

The Japanese auto giant also lowered its global vehicle sales forecast for the second time this year and said it was putting ambitious expansion plans on hold, in large part because of a precipitous drop in demand in the key U.S. market.

"The tough times are hitting us far faster, wider and deeper than expected," Toyota President Katsuaki Watanabe told a gloomy news conference at the company's Nagoya headquarters. "This is an unprecedented crisis requiring urgent action."

Toyota had reported strong growth in recent years, boosted by heavy demand for its fuel-efficient models like the Camry sedan and Prius gas-electric hybrid.

Watanabe

But Watanabe said a severe drop in demand, especially in the U.S., which accounts for one-third of vehicle sales, and profit erosion from a surging yen were too much for Japan's No. 1 automaker. Overall U.S. auto sales fell to their lowest level in 26 years last month.

"The change that has hit the world economy is of a critical scale that comes once in 100 years," Watanabe said. (AP)

Winter Weather Hounds Holiday Travelers

TED S. WARREN/AP

GOING NOWHERE: Paul Moritz waits with his wife, Regina, and children after their flight to Las Vegas was cancelled at Seattle-Tacoma International Airport Monday. Snow storms and ice-cold conditions left thousands of air travelers grounded on the West Coast. ✤ **Stuck:** Long lines fill airports | **Page 4**

pollcenter

DO YOU AGREE WITH A SCIENTIST WHO RECENTLY CONCLUDED THAT GOLF IS A SPORT? (A) YES (B) NO

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR TUESDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY	WEDNESDAY	THURSDAY
36 | 33	54 | 45	53 | 38

TODAY: Partly sunny and less windy; a possible shower in the evening | 34

eyeOpeners

LEGISLATION

Polly Wants to Be Left Alone, Thank You

A Queens politician is drafting measures to protect Brooklyn's wild Quaker parrots, whose nests have caused power outages. Councilman Tony Avella wants to make it illegal to capture the parrots and wants the city to relocate their nests when necessary. The green parrots also are known as monk parakeets. They're native to Argentina but have been in Brooklyn for about 30 years. (AP)

CHALLENGES

Next Year: Eat One Bite of Gefilte Fish

A 23-year-old mechanical engineering student has downed 46 latkes in eight minutes to win a contest at a Long Island deli. Pete Czerwinski says he'd never eaten one of the potato pancakes before consuming about seven pounds of them Sunday at Zan's in Lake Grove, N.Y. The Toronto bodybuilder says he's just "a power eater" whose brain never signals that he's full. Czerwinski demolished the contest's previous record of 31 latkes, set in 2006. Will Millender took second place with 29 latkes. (AP)

MANU FERNANDEZ/AP

MONEY

Winning Look

It's no surprise that Juan Fernandez would want to trumpet the numbers he got shaved onto the back of his head — they just made him $418,000. Fernandez on Monday became one of the winners of the main prize of Spain's Christmas lottery, which is one of the world's richest. The winning number — 32365 — can be on up to 1,950 tickets, each worth 300,000 euros. But few prizes were likely claimed as fashionably. (AP/EXPRESS)

MEAN

It's Not the Season of Trickery and Ill Will

The sheriff's office in Chicago has arrested more than 60 fugitives with a net of holiday cheer. Cook County Sheriff Tom Dart said Sunday that the suspects were invited to take a retailers' survey for holiday shoppers at a hotel earlier this month. Participants who brought along a scratch-off card that was included with the survey were promised at least $500. Those who showed up were taken into custody. One man who arrived with marijuana was charged with possession on top of his previous charges. (AP)

DANCE CLASSES!
• Ballroom
• Swing
• Salsa
(over 1/4 million dancers since '76)

DANCE FACTORY
703-528-9770
www.dancefactory.com
954N. Monroe St
Arlington, VA
Next to VA SQ Metro

ROSS' TUB RESTORATION
Is your Tub stained, peeling or dull?
Does it have a rough surface?
DON'T REPLACE IT REGLAZE IT!
$295 (for a standard tub)
Call for an estimate
202-330-9436

CAR INSURANCE WITH PERSONAL SERVICE. NO EXTRA CHARGE.
Kevin Gallagher Ins Agcy Inc
Kevin Gallagher, Agent
Bus: 703-525-9500 Fax: 703-525-3427
www.bowtieguy.net
STATE FARM INSURANCE
State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
P040203 Bloomington, IL • statefarm.com® 05/05

COCAINE USERS NEEDED

RESEARCH STUDIES AVAILABLE

If you are 18 to 55 years old and use cocaine sometimes or every day, we need you for inpatient or outpatient research studies.

All participants will be paid for time and travel. There is no cost for participation or study-related tests. Call for a confidential screening.

CALL TODAY
TOLL FREE
1-800-535-8254
www.researchstudies.drugabuse.gov
NIDA NATIONAL INSTITUTE ON DRUG ABUSE

Adapt you.
"Personal Tech" can give you cool and useful tools. Mondays. express

X017e 3x1

YOUR DAILY IRONY: Illinois health workers think they may have discovered some contaminated food — at their own office Christmas party. After the Lawrence County Health Department had a buffet at a restaurant last week, 42 of the attendees suffered stomach problems.

Nation

Blagojevich Review Set For Release

Report to detail talks between Obama's staff and Illinois governor

WASHINGTON | President-elect Barack Obama plans to reveal on Tuesday his staff's conversations with the Illinois governor accused of trying to sell Obama's Senate seat, transition officials said Monday.

"We have a report," spokeswoman Stephanie Cutter said. "It's been ready for release for a week. We've held off at the request of the U.S. Attorney's office, and that continues to be the case, though we expect to be able to release the report shortly."

Obama

Obama had promised to release this week the review he ordered of contacts between his aides and Gov. Rod Blagojevich's office about appointing Obama's Senate successor. The president-elect is in Hawaii, but his office will go ahead with the release on Tuesday.

Blagojevich is accused of trying to sell Obama's Senate seat. Obama has said his internal review will show that his staff had no "inappropriate" discussions with the governor or his staff about the seat.

NEDRA PICKLER (AP)

Five Men Convicted in Fort Dix Plot

Muslim immigrants could get life in prison for plan to kill soldiers

CAMDEN, N.J. | Five Muslim immigrants accused of scheming to massacre U.S. soldiers at Fort Dix were convicted of conspiracy Monday in a case that tested the FBI's post-Sept. 11 strategy of infiltrating and breaking up terrorist plots in their earliest stages.

The men could get life in prison when they are sentenced in April.

The five, who lived in and around Philadelphia for years, were found guilty of conspiring to kill U.S. military personnel. But they were acquitted of attempted murder after prosecutors acknowledged the men were probably months away from an attack and did not necessarily have a specific plan. Four defendants were also convicted of weapons charges.

MEL EVANS/AP

Faten Shnewer speaks in Camden, N.J., Monday after her son, Mohamad Ibrahim Shnewer, and four other men were convicted of plotting to massacre U.S. soldiers.

The federal jury deliberated for 38 hours over six days.

The government said after the arrests in 2007 that the case underscored the dangers of terrorist plots hatched on U.S. soil. Although investigators said the conspirators were inspired by Osama bin Laden, they were not accused of any ties to foreign terror groups.

Defense lawyers argued that the alleged plot was all talk — that the men weren't seriously planning anything and that they were manipulated by two paid FBI informants.

Faten Shnewer, the mother of defendant Mohamad Shnewer, said the informants should be the ones in jail. "Not my son and his friends. It's not right, it's not justice," she said after the verdict. The government "sent somebody to push him to say something; that's it."

Convicted were: Shnewer, a Jordanian-born cab driver; Turkish-born convenience store clerk Serdar Tatar; and brothers Dritan, Eljvir and Shain Duka, ethnic Albanians from the former Yugoslavia. A sixth man arrested and charged only with gun offenses pleaded guilty earlier.

GEOFF MULVIHILL (AP)

Census: More Americans Staying Put

Housing woes slowing nationwide migration to the west and south

WASHINGTON | The nation's great migration south and west is slowing, thanks to a housing crisis that is making it hard for many to move.

Most southern and western states aren't growing nearly as fast as they were at the start of the decade, pausing a long-term trend fueled by the desire for open spaces and warmer climates, according to population estimates released Monday by the Census Bureau.

UTAH IS JAZZED

→ Utah was the fastest growing state in the Census data. Its population climbed by 2.5 percent from July 2007 to July 2008. Utah was followed by Arizona, Texas, North Carolina and Colorado. Only two states — Michigan and Rhode Island — lost population from 2007 to 2008.

The development could impact the political map when House seats are divvied up following the 2010 Census. Southern and western states will still take congressional seats away from those in the Northeast and Midwest. But some seats hanging in the balance could stay put, and California could be in danger of losing a seat for the first time since it became a state.

The population shifts will be felt following the 2010 census, when the nation apportions the 435 seats in the House of Representatives, based on population. Texas stands to be the biggest winner, picking up as many as four seats, while Ohio could be the big loser, giving up as many as two seats, according to projections by Kim Brace of Election Data Services. STEPHEN OHLEMACHER (AP)

Allergies?

Winter is here

Does your home have sick house syndrome? Dust mites, molds and even holiday foods can cause allergies. Flu-like symptoms, sinus infections even fatigue may be the result. Our Physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those "painful" scratch tests.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829
MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Manassas • Wheaton Plaza • Laurel • Ballston • White Flint • Chantilly • Vienna • Gaithersburg/North Potomac • Springfield • Sterling

GREAT NEWS
Our Lenders Still Have Cash You Can Count On!
Let Us Deposit up to $1500 Into Your Account In 1 Hour
You can be approved in 15 minutes by using our express service you can have cash in your bank within 1 hour! Why fool around with anyone else when you absolutely, positively need money today!
CALL MID-CONTINENT CREDIT SERVICES
1-800-640-5224

Give THE JOY OF PHOTOGRAPHY!

One of the most beautiful cities in the world, Washington DC is a great place to learn photography!

We conduct photo safaris in the nation's capital 3-4 times a week, all year long, taking people around the monuments with a professional photographer showing them how - and where - to take great travel pictures.

Do you have a friend or loved one who likes to take pictures but hates the camera manual? Give them a gift certificate to Washington Photo Safari, we will get it to you within 24 hours! Call 202-537-0937 or go to www.WashingtonPhotoSafari.com

GEORGETOWN UNIVERSITY
CENTER FOR CONTINUING & PROFESSIONAL EDUCATION

Build your IT skills
at our Arlington site on the Metro Line

Multi Certificate	Starts January 10
Web Design	Starts January 24
Oracle 11g Database Administration	Starts February 3
Advanced Web Developer	Starts February 7

Enroll Today. Visit
http://ccpe.georgetown.edu/it
or call 202-687-4504.

Nation

707 **The combined weight, in pounds,** of a married Indiana couple who underwent weight-loss surgery on the same day last week at the University of Chicago Medical Center.

Holiday Travel Hits a Snag

Snow and frigid cold strand thousands at West Coast airports

WEATHER | The weather outside was frightful from Portland, Maine, to Portland, Ore., on Monday, with last-minute holiday shoppers shivering and stranded travelers hoping for the best as Christmas rapidly approached.

The little town of Eustis, Maine, got nearly 3½ feet of snow.

In Marysville, Wash., north of Seattle, heavy snow collapsed part of the roof Monday at the Whitley Evergreen factory, which makes modular buildings. No one was injured, but inspectors were dispatched to make sure other buildings in the business park were safe.

The 14½-inch snowfall Sunday in Portland, Maine, surpassed the old record for Dec. 21 of 12.4 inches, set in 1933. On the other side of the country, a total of 11 to 13 inches in Portland, Ore., was the biggest snowfall since January 1980. Depending on how much more fell Monday as the snow trailed off, the storm could rank as one of the city's 10 worst on record.

TED S. WARREN/AP
Travelers stand in line to re-book cancelled flights on Monday in Seattle.

"It is amazing," said Dave Thompson, spokesman for the Oregon Department of Transportation. "You say to yourself: 'That's Portland?' The roads are snow-packed, covered with ice and it's freezing rain."

In the Seattle area, the city remained largely snowbound Monday. Limited service resumed at Sea-Tac Airport, but thousands of people were stranded because of cancellations over the weekend.

There were long, snaking lines at virtually every ticket counter at the airport Monday morning. Some travelers said they had spent 12 hours waiting for a ticket agent, taking turns sleeping while others held their places in line. The baggage claim area was littered with mounds of unclaimed luggage 6 and 7 feet high.

Hundreds of travelers were marooned even in Los Angeles, where the line to rebook Alaska Airlines flights stretched out the door. POLLY ANDERSON (AP)

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must:
• Be between the ages of 18-45
• Be medically healthy
• Not be taking medications

Financial compensation will be provided for participation.

Call: **1-800-411-1222**
(TTY: 1-866-411-1010)
http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov

02-M-0003

National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services

Get a jump on your resolution!

Join now for $20.09 and December is on us.*

Oh, and no hidden fees.

WSC
washington sports clubs®

Where you live. Where you work.

19 convenient locations

800.301.1231 • MySportsClubs.com

* Monthly dues are waived from date of purchase until 12.31.08. Requires a 1-year membership. No cash value. Cannot be combined with any other offer. Some restrictions may apply. Offer expires 12.31.08.

Nation

147 **The total value, in thousands of dollars,** of a jewelry set presented this year to Secretary of State Condoleezza Rice by Jordan's King Abdullah II. Such gifts are turned over to the General Services Administration and government archives in compliance with federal law.

Recruiter Suicides Spur Army Probe

Lawmaker presses for Senate hearings over Texas battalion deaths

HENDERSON, TEXAS | Sgt. 1st Class Patrick Henderson, a strapping Iraq combat veteran, spent the last, miserable months of his life as an Army recruiter, cold-calling dozens of people a day from his strip-mall office and sitting in strangers' living rooms, trying to sign up their sons and daughters for an unpopular war.

He put in 13-hour days, six days a week, often encountering abuse from young people or their parents. When he and other recruiters would gripe about the pressure to meet their quotas, their superiors would snarl that they ought to be grateful they were not in Iraq, according to his widow.

HERB NYGREN JR./AP

Amanda Henderson holds a photo of her late husband, Sgt. 1st Class Patrick Henderson, who committed suicide while serving as a recruiter for the Army in Texas.

Less than a year into the job, Henderson — afflicted by flashbacks and sleeplessness after his tour of battle in Iraq — went into his backyard shed, slid the chain lock in place, and hanged himself with a dog chain.

He became, at age 35, the fourth member of the Army's Houston Recruiting Battalion to commit suicide in the past three years — something Henderson's widow and others blame on the psychological scars of combat, combined with the pressure-cooker job of trying to sell the war to new recruits.

15 **The number of Army recruiters who have killed themselves since 2003. Many of them served combat tours.**

The Army has 38 recruiting battalions in the United States. Patrick Henderson's is the only one to report more than one suicide in the past six years.

The Army began an investigation after being prodded by Amanda Henderson and Texas Sen. John Cornyn. Cornyn, a Republican on the Armed Services Committee, said he will press for Senate hearings.

The military is under heavy pressure to sign up recruits and retain soldiers while it wages wars in Iraq and Afghanistan.

Douglas Smith, a spokesman for the Army Recruiting Command, acknowledged that recruiting is a demanding job but said counseling and other support are available.

"I don't have an answer to why these suicides in Houston Recruiting Battalion occurred, but perhaps the investigation that is under way may shed some light on that question," he said.

In all, 15 of the Army's 8,400 recruiters have committed suicide since 2003. During that period, more than 540 of the Army's active-duty soldiers killed themselves. MICHELLE ROBERTS (AP)

Complete Christmas Dinner for $2.05

No one should go hungry during the Christmas season — especially when it costs so little to serve a complete meal to a hungry and homeless person.

The hearty, traditional turkey dinner that friends like you help provide is the first step in dealing with the problems of the homeless. Then comes help with addiction recovery, job training, education and spiritual renewal.

So please help someone get started toward a new life —

$16.40 provides 8 meals **$51.25 provides 25 meals**
$24.60 provides 12 meals **$205.00 provides 100 meals**
$102.50 provides 50 meals **$_____ to help as much as possible**

Just fill in the Christmas Meal Ticket below. Then mail it with your gift today. *Thank you.*

SERVING THE NEEDY SINCE 1906

MEAL TICKET

YES, I want to help feed the hungry and homeless this Christmas season — as a first step to a new life.

Here is my gift of ☐ $16.40 ☐ $24.60 ☐ $51.25 ☐ $102.50 ☐ $205.00 ☐ $_____

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____

Gospel Rescue Ministries
P.O. Box 50940 Dept. YSF13, Washington, DC 20091-0940
www.grm.org

☐ Check enclosed ☐ I'd like to pay by credit card
Amount $ _____
Card type _____ Exp. _____
Card number _____
My phone number: (_____) _____
Email address: _____

CFC#18948

THANK YOU! You will receive a receipt.

MEAL TICKET

CLIP AND MAIL WITH YOUR TAX-DEDUCTIBLE GIFT TODAY.

100 | **The number of new staffers** hired by the Istanbul-based Baydan Shoe Company to meet international orders for 300,000 pairs of the model of shoes Iraqi reporter Muntadhar al-Zeidi threw at President Bush, according to the Guardian on Monday.

World

Tensions Flare Over Iraqi Reporter

Al-Maliki says militant provoked journalist to throw shoes at Bush

BAGHDAD | Prime Minister Nouri al-Maliki moved Monday to undermine the popularity of the Iraqi who threw his shoes at President Bush, saying the journalist confessed that the mastermind of the attack was a militant known for slitting his victims' throats.

Tensions over the case also spilled into parliament, as a move to oust the abrasive Sunni speaker delayed a key decision on whether non-U.S. foreign troops will be allowed to stay in Iraq beyond New Year's Eve.

Al-Maliki said that in a letter of apology to him, Muntadhar al-Zeidi wrote that a known militant had induced him to throw the shoes.

"He revealed ... that a person provoked him to commit this act, and that person is known to us for slitting throats," al-Maliki said, according to the prime minister's Web site. The alleged instigator was not named and neither al-Maliki nor any of his officials would elaborate.

The journalist's family denied the claim and alleged that al-Zeidi was coerced into writing the letter, in which he was said to have requested a pardon for "the big and ugly act that I perpetrated."

KHALID MOHAMMED/AP

Relatives of Muntadhar al-Zeidi reflect on his detention in Baghdad Monday.

Earlier, another brother said he met the journalist in prison and that he had expressed no regret for throwing the shoes.

"He told me ... that he would do it again," Uday al-Zeidi told The Associated Press.

He said he visited his brother on Sunday and found him missing a tooth and with cigarette burns on his ears.

Al-Zeidi's trial on charges of assaulting a foreign leader is scheduled to begin on Dec. 31. QASSIM ABDUL-ZAHRA (AP)

Hamas Shows Interest in New Truce

Gaza militants urged to suspend rocket fire; Israel mulls offensive

JERUSALEM | Gaza's ruling Hamas party on Monday ordered militants to hold their fire for 24 hours and said a truce with Israel could be restored, but as rockets continued to fall, Israel signaled it was preparing for a possible offensive.

In an interview with Israel's Channel 10 TV, Hamas leader Mahmoud Zahar indicated that Hamas is interested in renewing the truce with Israel.

"The price is the lives of the Palestinian people," he said, demanding food and electricity from Israel, along with stopping Israeli actions in the West Bank and Gaza.

SEBASTIAN SCHEINER/AP

Israeli tanks drive near the border of Israel and the Gaza Strip Monday. Gaza's ruling Hamas party ordered militants to observe a 24-hour cease-fire with Israel.

Israel did not agree to halt operations in the West Bank under the truce, which expired Friday.

Hamas said militants were told Monday to halt rocket fire to see if Israel would allow vital supplies to be shipped into Gaza.

The Israeli military said three rockets were fired by nightfall — far fewer than in previous days — but military spokesman Maj. Peter Lerner said the cargo crossings remained sealed on Monday.

Egyptian President Hosni Mubarak, who brokered the initial truce, invited Israeli Foreign Minister Tzipi Livni to Cairo on Thursday to discuss a new deal, Livni's office said.

Officials said Livni was prepared to listen, but she would also complain about the hundreds of rockets and mortars that have been fired at Israel over the past month. The attacks have stepped up pressure on the government to respond with force. MATTI FRIEDMAN (AP)

In Brief

BRUSSELS, BELGIUM

King Asks Former Premier To Broker New Government

Belgium on Monday turned to a veteran politician to broker a new government after a scandal over the botched bailout of the Fortis bank forced the ruling coalition led by Prime Minister Yves Leterme to resign. King Albert II accepted the government's resignation after three days of negotiations with Belgium's political leaders failed to keep the coalition intact. In a bid to avoid early elections, he asked former Premier Wilfried Martens to act as a go-between to broker a new coalition. (AP)

VIENNA, AUSTRIA

International Monitors End 16-Year Mission in Georgia

A team of international monitors is terminating its 16-year mission in Georgia after Russia refused to allow an extension of the assignment in a dispute over two Kremlin-backed breakaway regions. The mission in Georgia by the Organization for Security and Cooperation in Europe expires on Dec. 31. Talks on the issue collapsed when Russia demanded the group recognize the statehood of South Ossetia and Abkhazia. (AP)

YOUR CALL: A man who said he was lonely jumped into the Berlin zoo enclosure of famed polar bear Knut on Monday. Officials distracted Knut with a leg of beef. (AP)

1 HOUR/ 1000 CALORIES
Call Now for FREE CLASS
CARDIO • BOXING • KICKBOXING
LA BOXING PRESALES
MEN • WOMEN • CHILDREN
NO FEE ENROLLMENT
Additional discounts for first 50 members!
PRESALE DISCOUNTS
Save $300!
www.laboxing.com
GEORGETOWN 202-388-IBOX (4269)
ROCKVILLE 301-881-IBOX (4269)
LA BOXING EST. 1992
NOW OPEN IN ARLINGTON & ALEXANDRIA
FREE WEIGHTS • PROFESSIONAL RING • PRIVATE TRAINING • UNLIMITED CLASSES
THE "KNOCKOUT" WORKOUT

World

SACRED TEXTS: The Vatican is endorsing new technology that brings the book of daily prayers used by priests onto iPhones. The Vatican's Pontifical Council for Social Communications is embracing the iBreviary, an iTunes application created by a tech-savvy Italian priest, the Rev. Paolo Padrini, and a Web designer.

Mexico Steps Up Battle vs. Gangs

Government attempts to calm nation after grisly attack on soldiers

CHILPANCINGO, MEXICO | The decapitated bodies of the seven soldiers lined a major boulevard, accompanied by a sign: "For every one of mine that you kill, I will kill 10." A bag of their heads, some still gagged with tape, was found nearby.

The discovery on Sunday in Chilpancingo, an hour north of the resort of Acapulco in southern Mexico, marked the most gruesome attack yet against the Mexican army in its half-century battle against drug gangs.

The government honored the dead Monday in a high-profile ceremony aimed at reassuring the nation that it won't surrender, despite escalating violence that has killed 5,300 people this year and the betrayal of more than a dozen top law enforcement officials accused of accepting money to protect cartels.

MARCO UGARTE/AP

Mexican soldiers fire weapons during a drill at a military base in Puebla, Mexico, on Saturday. The decapitated bodies of seven soldiers were discovered on Sunday.

The beheadings also came as Mexico prepares to use $400 million in U.S. aid to fortify its war on traffickers.

President Felipe Calderon said the attack shows that his government's crackdown is putting pressure on the cartels, and he promised "firm action" in response.

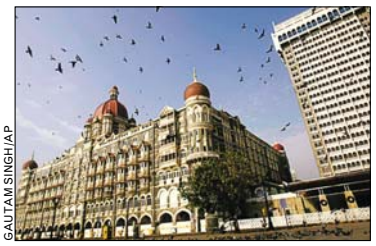
"We are well aware that these cowardly assassins are trying to terrorize the state and society," Calderon said at a speech in Mexico City. "We will not take one step back in this fight."

Calderon didn't attend the memorial, but his defense and interior secretaries stood before flag-draped coffins in Chilpancingo.

Regional military commander Gen. Enrique Alonso Garrido said the beheadings were an "offense against Mexican institutions and especially against those who wear a military uniform."

"These criminals made a grave error with this audacious act," he said. "We will not rest until we have put them in their place."

Calderon has accelerated the army's battle against drugs since taking office in 2006, deploying as many as 45,000 soldiers to battle smugglers. Gangs who once avoided confrontations with the army have responded with unprecedented violence, targeting not only rivals but police and soldiers on a nearly daily basis. E. EDUARDO CASTILLO (AP)



GAUTAM SINGH/AP

The Taj Mahal Palace in Mumbai has reopened after last month's attacks.

India: Pakistan Shifts Blame for Mumbai Attacks

NEW DELHI | Pakistan is shifting blame and responsibility for last month's deadly attacks in Mumbai, India's foreign minister charged Monday, adding that Delhi would take action against the perpetrators if Islamabad failed to.

India also gave Pakistan a letter written by Mohammed Ajmal Kasab, the only gunman captured after the rampage. Kasab wrote that he and the nine other gunmen involved in the Nov. 26 attack all came from Pakistan, India's Foreign Ministry said. (AP)

BOTOX $199
Guaranteed Results

Laser Hair Removal
Upper Lip/Chin $45
Restylane $350
Threadlift
Radiesse & Sculptura
All procedures performed by a Physician

202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

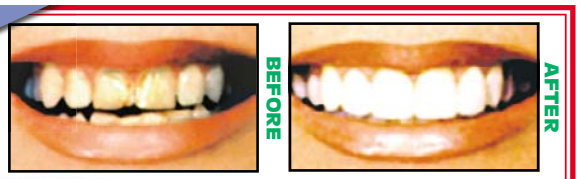
WINTER SPECIAL ENDS SOON!
vita SURGICAL GROUP
www.vitasurgical.com

$299/Eye Any Prescription Lasik!
CUSTOMIZED LASIK*
20/20 Guaranteed or Money Back*

- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hour Available
- 0 Down 0 Interest 100% financing
- Return to Work Next Day
- Insurance

DC EYE SURGEONS
202.464.5216 • 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.anyrxlasik.com
DC EYE SURGEONS

10% OFF with this ad
- Most Insurance Accepted
- New Patients Welcome



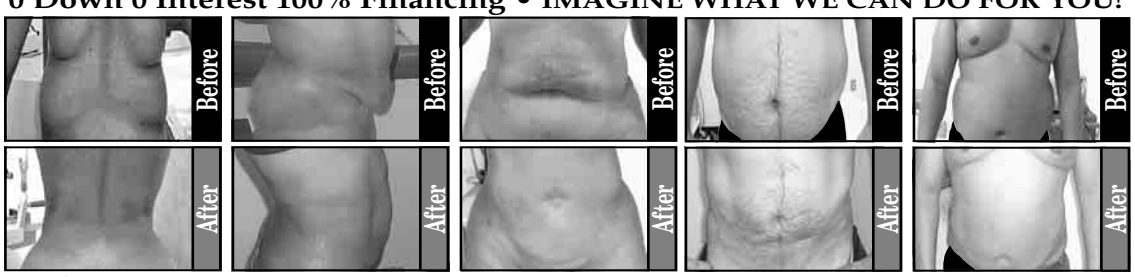
BEFORE AFTER

FREE WHITENING For Life! invisalign LUMINEERS BY CERINATE

ROSSLYN DENTAL CENTER
703-807-0808
1800 N. Kent St. #100
Arlington, VA 22209
www.rosslyndentalcenter.com
Rosslyn Metro

EYE STREET DENTAL CENTER
202-223-3536
1712 Eye St. #812
Washington, DC 20006
www.eyestreetdentalcenter.com
Farragut West Metro

LIPOSUCTION
Unwanted Fat Removed Permanently!
0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

vita SURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th & I St., NW (Foggy Bottom Metro)
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
Gift Certificates

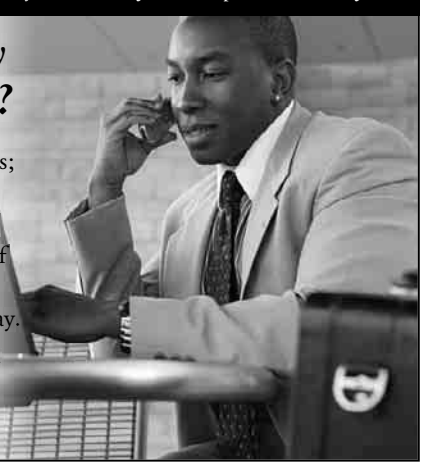
DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

MOUNT ST. MARY'S UNIVERSITY
The Mount is built on four pillars—faith, discovery, leadership and community.

Does the economy have you worried?

The Mount builds better leaders; with character, values, and morals–critical assets in today's economic climate. Get ahead of the rebound and finish your degree or get your master's today.

Information session on January 15.
www.msmary.edu/workingadults



301-682-8315 | inquiry@msmary.edu

8 | **The percentage of unemployed people in Washington, D.C.,** in November, up from 7.3 percent in October. In Maryland, the rate increased from 4.9 percent to 5.3 percent during the same time period, and Virginia's rate rose from 4.4. percent to 4.8 percent.

Local

In Brief

FAMILY PHOTO

Jean C. Smith, 39, left, and son James Smith were found dead in their home.

DALE CITY, VA.

Teenager Charged in Prince William Double-Slaying

Police have charged a 17-year-old in the killings of a Dale City mother and her son, crimes that horrified a community and initially baffled police. Jean C. Smith, 39, and her son, James M. Smith, 19, were shot to death and their bodies were discovered Friday by a family member in their home. Police described the crime as a random act, saying the 17-year-old assailant entered the home with the intention of burglarizing it. JONATHAN MUMMOLO AND THEOLA LABBÉ-DEBOSE (THE WASHINGTON POST)

BALTIMORE

Md. Man Pleads Guilty to Spying for Saddam Hussein

A 67-year-old Iraqi national who has been living in the United States since the 1980s pleaded guilty Monday to a federal charge that he conspired to serve as an agent the regime of Saddam Hussein. Saubhe Jassim al-Dellemy, who came to the United States as a student and became a permanent U.S. resident in 2000, was identified as a spy through materials recovered after the U.S. invasion of Iraq, according to documents filed Monday at U.S. District Court in Baltimore. HENRI E. CAUVIN (THE WASHINGTON POST)

ANNAPOLIS, MD.

Kaine, O'Malley Meet to Discuss Inauguration Plans

Maryland Gov. Martin O'Malley and Virginia Gov. Timothy Kaine will meet with Homeland Security Secretary Michael Chertoff to discuss preparations for next month's presidential inauguration. Shaun Ademec, an O'Malley spokesman, says Tuesday's meeting in Washington will focus on security and transportation issues related to Maryland and Virginia. (AP)

Planners Back Purple Line Light Rail

Transportation group supports trains along Capital Crescent Trail

Montgomery County planners Monday endorsed building a light rail system along the proposed east-west Purple Line and recommended running the trains mostly above ground and next to the Capital Crescent Trail, a heavily used hiker-biker route.

The 16-mile east-west link proposed to connect Montgomery and Prince George's counties would have up to 22 stations, at locations including Silver Spring, Langley Park and the University of Maryland's College Park campus.

The system backed Monday by the Montgomery's transportation planners is likely to generate controversy among many communities along its route. A muscular coalition of affluent communities, a country club and law firms have pushed to bypass the popular trail, use rapid buses, and push the route north of their neighborhoods and closer to the expanding Bethesda naval hospital.

But the recommendation is expected to be well received in Prince George's and eastern Montgomery County communities where residents say they need a better alternative to the current slow-moving bus system that is their only transit link to Silver Spring and Bethesda.

CHRIS ROSSI/THE GAZETTE

Rail trains could run along the Capital Crescent Trail, a busy hiker-biker route.

The plan, which will be reviewed by the planning board next month, eventually will go to the Montgomery County Council, which must make a recommendation to Gov. Martin O'Malley. State officials said O'Malley will decide early next year which Purple Line route and mode — busway or light rail — to enter into the national competition for needed federal funding. Light rail already has been favored by Prince George's officials. MIRANDA S. SPIVACK (THE WASHINGTON POST)

WASHINGTON | WHITE HOUSE LEADS COAT DRIVE

MIKE THEILER/POOL/GETTY IMAGES

HOLIDAY GIVING: President Bush, left, reaches out to Sherri Wood, national coordinator of the charity program One Warm Coat, as First Lady Laura Bush, second from the left, and D.C. Mayor Adrian Fenty look on. White House personnel donated more than 100 winter coats to the program.

Capital United Way to Cut Fees to Nonprofits

WASHINGTON | The United Way of the National Capital Area says it is cutting the administrative fees it charges to area nonprofit agencies by more than 50 percent starting in February.

The changes are expected to save charities about $1.5 million a year in expenses.

United Way says it wanted to cut the fees — which it charges to cover its own fundraising expenses — to give charities a break in a difficult economic environment.

United Way chapter spokeswoman Lya Britt says United Way is only about half way through its current fundraising campaign and does not know how this year will compare to last year, when it raised $35 million for a variety of charities. (AP)

The Lotteries

Monday, Dec. 22

DISTRICT	
Mid-day Lucky Numbers	2-2-2
Evening Lucky Numbers (Sun.)	0-1-9
Mid-day DC 4	6-4-3-2
Evening DC 4 (Sun.)	4-8-7-8
Rolling Cash Five (Sun.)	4-9-17-21-29
Daily 6 (Sun.)	9-10-13-14-23-27 Bonus: 16

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND	
Mid-day Pick 3	7-9-8
Evening Pick 3 (Sun.)	6-5-9
Mid-day Pick 4	0-3-3-3
Evening Pick 4 (Sun.)	4-0-6-7
Match 5 (Sun.)	8-10-14-24-28 Bonus: 39

VIRGINIA	
Mid-day Pick 3	6-7-3
Evening Pick 3 (Sun.)	1-5-3
Mid-day Pick 4	7-1-1-6
Evening Pick 4 (Sun.)	2-8-3-1
Mid-day Cash 5	1-3-6-8-28
Evening Cash 5 (Sun.)	2-7-10-20-21

FORMAN MILLS

CLOTHING FACTORY WAREHOUSE

RECESSION BUSTERS!

WE WILL NOT BE UNDERSOLD! MOST BELOW COST!

SPECIAL BUY! DIGITAL CAMERA 1GB MP3 PLAYER

$10

LIMIT 2 PER CUSTOMER!

$30 VALUE

LAST CHANCE TO SAVE! 50% OFF

express

FORMAN MILLS CLOTHING FACTORY WAREHOUSE

ANY SINGLE ITEM* up to $20 ticketed price

*Up to $20 ticketed price. Maximum discount $10. Limit one coupon per customer per visit. Coupon must be presented to cashier to receive discount. Cannot be combined with other offers. Not valid on gift certificates, clearance items or layaway. Cannot be used on previous purchases. **Valid now through December 24, 2008 at all Forman Mills.**

LADIES BUYOUT!

JUNIOR • MISSES • PLUS

- Fur Trimmed Sweaters
- Sweater Dresses
- Cardigans • Crews
- Fur Trimmed Jackets

$8

$40 VALUE

ACTIVE WEAR BUYOUT!

- Adidas
- Reebok
- & More

$10

$30 VALUE

INFANT & TODDLER DESIGNER SETS

THE BIGGEST NAMES IN BOYS & GIRLS

$5

$25 VALUE

FUR LINED FASHION BOOTS

ALL COLORS

$9

$40 VALUE

TOY BUYOUT! 200 DOZEN TOYS ALL UNDER

BARBIE • BRATZ
SUPERMAN
HOT WHEELS • DISNEY
CARE BEARS • & MORE

$8

$20 VALUE

DESIGNER OUTERWEAR FOR THE ENTIRE FAMILY

- Fur Trimmed
- Parkas
- Bombers
- Bubbles • & More

$15

$50 VALUE

FAMOUS MAKER SWEATER RIOT!

MENS • LADIES • KIDS

- Crews & V-Necks
- Fashion Sweaters
- 1/4 Zips • Full Zips
- Wool & More

$8

$40 VALUE

OVER 5,000 DOZEN HOLIDAY GIFTS UNDER

Stretch those Bills

DRESS SHIRTS • ROBES • SLIPPERS • HOODIES
THERMAL SETS • HANDBAGS • CASUAL PANTS
NBA JERSEYS • HAT & GLOVE SETS
LADIES & PLUS KNIT TOPS • KIDS 2-PIECE SETS
INFANT & TODDLER SETS • & MUCH MORE!

$10

$50 VALUE

HILLCREST HEIGHTS, MD
IVERSON MALL
3745 BRANCH AVE.
301-702-0909
Corner of Branch Ave. & Iverson Street

Baltimore
5901 Reisterstown Rd
443-874-1010

Baltimore
2501 Belair Road RT. 1
410-534-0700

Catonsville
5425 Baltimore National Pike
443-710-0220

1.800.994.mills • formanmills.com • Tues 8am-12am • Christmas Eve 7am-8pm
Closed Christmas Day • Fri 9am-9pm • Sat 9am-9am

FAT FRAUD: If you're looking for a little help shedding pounds after the holidays, the FDA is warning you to stay away from nearly 30 weight-loss products that contain unlisted ingredients. The pills are advertised as "natural" and have intriguing names like Imelda Perfect Slim and Zhen de Shou.

Money

Freefall in Fuel Prices Continues

Oil slips below $40 per barrel as recession saps energy demand

SIOUX FALLS, SOUTH DAKOTA | Oil prices tumbled below $40 per barrel Monday as reports from manufacturers like Toyota and Caterpillar pointed to a worsening global economic climate and serious deterioration in energy demand.

70

The percentage crude oil prices have fallen since peaking above $147 per barrel in July.

Light, sweet crude for February delivery fell $2.45, or nearly 6 percent, to settle at $39.91 per barrel on the New York Mercantile Exchange. Crude prices have tumbled 70 percent since peaking above $147 in July.

The Organization of Petroleum Exporting Countries said last week it would slash production by 2.2 million barrels per day, its largest cutback ever, in an attempt to stem the rapid price decline.

Even gas prices, which have tumbled from summer highs above $4 per gallon, have not led to increased demand as Americans lose jobs and cut spending. The retail average price for a gallon of regular gas is $1.663 per gallon, according to AAA. DIRK LAMMERS (AP)

Shoppers Find Room to Negotiate

Stores desperate for sales are responding to customers' haggling

NEW YORK | If you're looking for an extra bargain before the holidays, you may only have to ask.

With holiday sales shaping up to be the lowest in years, possibly the worst since the industry began comparisons in 1969, retailers say they're taking consumers' demands for good deals seriously. Some are extending return policies, while others are matching competitors' prices. Many are volunteering on-the-spot discounts and even letting customers haggle prices in a desperate bid to make the cash register ring.

"You'd have to be a moron not to ask for a discount," said Stephen Hoch, a retailing expert at the Wharton School at the University of Pennsylvania.

More and more consumers are doing just that, treating a trip to the mall like a visit to the car lot.

KEITH SRAKOCIC/AP

Retailers are pulling out all the stops to clear unsold inventory by the beginning of 2009. Some stores are offering spontaneous, on-the-spot discounts to customers.

Diana Thang, manager of Grace Jewelers near San Francisco's Union Square, said she and her staff are bargaining more than she ever has in two-plus decades in the business. But it's not working wonders.

"They have a budget," Thang said of most customers this season. "We give a low, low price and they still can't accept it. They're looking at more than $1,000 stuff, and they want to spend $200 or $300."

Jill duPont, the owner of a women's clothing boutique in Greenwich, Conn., said she's felt some pressure to mark her prices down to be competitive with others.

"Customers aren't shy about telling us 'what a good price' they found somewhere else," she said.

For some retailers, desperation is setting in. The new year brings new inventory, so retailers typically try to clear out the old stock by year's end.

Erica Pearson, a 31-year-old Brooklyn, N.Y., resident, was debating which pair of Camper shoes to buy at a Saga Shoes store in Manhattan when a salesman offered her a deal if she bought both.

"The manager asked me what I wanted to pay for both of them," Pearson said. She wound up getting about $40 off the total and paying no sales tax. LAUREN SHEPHERD (AP)

HEARSAY | ON CUE

"We know there's a niche for [the product], because Elvis is the No. 1 money-making dead person. His audience is age 8 to 80."

—**ANNETTE JESKE**, CUSTOMER SERVICE REPRESENTATIVE AT SHELTI INC. THE MICHIGAN COMPANY IS PRODUCING A LIMITED-EDITION LINE OF ELVIS PRESLEY-THEMED POOL TABLES.

Circuit City Gets Bankruptcy Funds

RICHMOND, VA. | Circuit City Stores Inc. on Monday received final approval for $1.1 billion in financing to keep operating while the nation's second-biggest electronics retailer is in Chapter 11 bankruptcy protection.

U.S. Bankruptcy Judge Kevin Huennekens approved the debtor-in-possession loans at a hearing in Richmond. The financing will be used to stock merchandise and pay employees.

Richmond, Va.-based Circuit City filed for bankruptcy protection last month as it faced pressure from vendors and consumers who aren't spending.

Gregg Galardi, an attorney for Circuit City, said that since filing for bankruptcy, the company's sales have been hurt by the weak consumer spending environment and are down between 40 percent and 50 percent.

Galardi called the financing and restructuring efforts a "bridge to somewhere" and said the company is still pursuing the sale of all of its assets. (AP)

Computers ✦ Laptops ✦ Printers ✦ Monitors

BUY REFURBISHED "COMPUTERS FOR EVERYONE"

PENTIUM 4 SYSTEMS WITH CRT MONITORS STARTING FROM....$99

DELL OPTIPLEX GX260 P4 2.4GHZ 256MB 20GB DVD WITH LCD PANEL.....**$179**

IBM T42 LAPTOP P4M 1.7GHZ 40GB 512MB RAM COMBO WIRELESS XP PRO....**$299**

DELL D600 LAPTOP CENTRINO PM 1.6GHZ 1024MB 30GB DVD WIRELESS XP PRO....**$329**

GATEWAY PROFILE 4 ALL-IN-ONE DESKTOP WITH 17" LCD P4 2.4GHZ 60GB COMBO XP PRO....**$249**

XBOX 360 WITH 20GB LIKE-NEW; 90 DAY WARRANTY COMPLETE IN BOX!....**$199**

PC RETRO.COM COMPUTER WAREHOUSE

Falls Church **(703) 821-1400**
Alexandria **(703) 370-5440**
Beltsville **(301) 931-6630**

DELL BLACK 17" LCD PANEL $99

Models & Pricing Are Subject To Change.

MARYLAND

VEIP Let's Clear The Air

DEPARTMENT OF THE ENVIRONMENT

Vehicle Emissions Inspection Program (VEIP)

VEIP Announcement for Montgomery and Prince George's Counties: The Maryland Department of the Environment is conducting the **Student Emissions Repair Assistance Program** (SERA) in cooperation with Montgomery College for high school and college students who have failed their recent VEIP test. This program will run from September 2008-May 2009. An allowance up to $450 in repairs, conducted by Montgomery College, will be made available for students accepted into the program.

For More Information and an application contact:
Any VEIP Station in Montgomery and Prince George's Counties
Go Online to **http://www.mde.state.md.us/assets/document/VEIP_SERA.pdf**
Mobile Sources Control Program **(410) 537-3270**

Sports

PHELPS WINS ... AGAIN: Michael Phelps picked up two more awards Monday when The Associated Press named him male athlete of the year and selected his eight gold medals at the Beijing Olympics as the top sports story of the year.

JOHN MCDONNELL/TWP

SMALL STEPS: If the Redskins get a win over the San Francisco 49ers in the season finale on Sunday, the team will finish 9-7, matching last year's mark under Joe Gibbs.

Zorn: 'Everybody Can Take a Breath'

Victory over Eagles cures all of Redskins' ills — for this week

REDSKINS | The palpable anxiety that had been building at Redskins Park for a month suddenly dissipated Monday. Instead of making brooding comments about feeling like the worst coach in America, coach Jim Zorn was back to telling stories about bizarre things he's done.

It didn't matter that the offense maintained its one-touchdown-per-game pace, or that the victory wasn't decided until the final play, or that the playoffs are now a mathematically impossibility.

The Washington Redskins, who hadn't beaten a team with a winning record since the first week in October, got an immeasurable psychological boost with Sunday's 10-3 triumph over the Philadelphia Eagles.

"Everybody can take a breath," Zorn said. "I think we're all breathing in. Not too many people these last few games have been breathing out, so this is just an opportunity to breathe out."

The rookie coach needed some sort of late-season accomplishment to reinforce his case that he's worthy of returning next season, and now he has it. The Redskins (8-7) can clinch a winning season by beating San Francisco in next week's season finale, and they'll finish .500 at worst.

KEVIN C. COX/GETTY IMAGES

Head coach Jim Zorn says the team's win over the Eagles was a major relief.

In fact, a 9-7 record would keep the Redskins from finishing last in the NFC East and match last year's mark under coach Joe Gibbs.

"It's still not satisfying from the standpoint of the overall picture of having that spell where we lost so many," Zorn said. "My spirits were lifted because our players didn't give up on the season. They didn't give up by just playing a couple more games halfheartedly and then getting to the offseason."

On one hand, there's a case to be made for lots of changes. The defense has just 17 takeaways, a mere 23 sacks, no touchdowns, and there are too many aging players (Shawn Springs, Marcus Washington, Cornelius Griffin) who always seem to be hurt. On the other hand, the unit is ranked fourth in the NFL in both scoring defense and yards allowed. No team has scored more than 24 points on the Redskins this season. JOSEPH WHITE (AP)

HEARSAY | TEIXEIRA

"We're playing four games in the World Series, sweep, see ya!"

—NATS PITCHER COLIN BALESTER

PERHAPS JESTING, ON WHAT WOULD HAPPEN IF THE NATIONALS SIGNED MARK TEIXEIRA.

Nats Agree to Terms With Cabrera

NATIONALS | Starting pitcher Daniel Cabrera and the Washington Nationals have reached a preliminary agreement on a one-year contract, pending a physical that his agent said is slated for next week.

Cabrera went 8-10 with a 5.25 ERA in 30 starts last season for the Baltimore Orioles, who declined to offer the right-hander a contract for 2009, making him a free agent.

He went on the disabled list in September after experiencing pain and tingling in his right elbow during a side session.

An MRI revealed no damage, and the Orioles called the injury a sprained elbow.

"He's healthy. He's fine," Cabrera's agent, Mike Powers, said in a telephone interview Monday. "He's already pitched a game down in Dominican winter ball." (AP)

Swengali

REDSKINS | BY MATT SWENSON

Redskins Can't Fool Themselves

IT WAS A MEANINGLESS win for the Redskins this season, yet Sunday's result could have both a very positive, and a very negative, effect on their future.

Since it's the holidays, let's start with the positive. LaRon Landry's tackle at the one-yard line could be the difference between the Philadelphia Eagles making a Super Bowl run and blowing up their team as we know it. If the Eagles miss the playoffs, as seems likely, our bet is the Andy Reid/Donovan McNabb era is over. And while the Eagles have never won a Super Bowl in their 10 years together, Philadelphia has been the class of the NFC East.

The Redskins are better off if the Eagles start over.

As currently constructed, the Redskins can't win the Super Bowl next year.

Now for the down side — and no, it has nothing to do with draft status.

Should Washington beat the 49ers on Sunday and finish on a two-game winning streak with a 9-7 record, there may be temptation to feel too good about this group.

Major work needs to be done on both lines, and a serious evaluation of Jim Zorn and Jason Campbell is needed.

As currently constructed, the Redskins can't win the Super Bowl next year. A dramatic move like firing the coach or quarterback may not be needed, but a lot needs to be done in a short time.

A window of opportunity may arise with Philly's demise. The Redskins can't afford to fool themselves in a crucial offseason.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TERRIFIC TIGER: Princeton will honor longtime coach Pete Carril by naming the game floor at Jadwin Gymnasium in his honor. "Carril Court" will be officially christened on Feb. 21 as Princeton plays Dartmouth. Carril coached at Princeton for 29 seasons, winning 13 Ivy League championships.

Golf: Sport or A Good Walk Spoiled?

Sports scientist tackles the age-old question of leisure versus workout

GOLF | Is golf really a sport or just a hobby? Is it a good walk spoiled, or should we forget the walk and ask Santa for a golf cart this Christmas?

And do you really have to have Tiger Woods' biceps to be any good?

A sports scientist pondering these and other 19th-hole kind of questions crunched a bunch of numbers and came up with answers, a few of which put a new twist on some age-old assumptions.

Among the top findings: Given the number of calories burned, it's certainly OK to call golf a sport.

"One of the more interesting things I found was that the actual act of swinging a golf club takes significant energy," said Neil Wolkodoff, director of the Rose Center for Health and Sports Sciences in Denver.

NEIL WOLKODOFF/ROSE CENTER FOR HEALTH AND SPORTS SCIENCES/AP

Dave Brown pushes a golf cart in Englewood, Colo., on Nov. 12., while wearing equipment that determines how many calories he burns during a round of golf.

> "The act of swinging a golf club takes significant energy."
>
> **NEIL WOLKODOFF**, SPORTS SCIENTIST

Maybe more energy than many people might think for a motion that takes a grand total of about 3 seconds.

Wolkodoff found eight male volunteers, ages 26 to 61 with handicaps between 2 and 17, strapped them into some state-of-the-art equipment and took them out for a few rounds of golf on the hilly front nine of Inverness Golf Club in suburban Denver.

Wolkodoff discovered the subjects burned more calories when they walked and carried their clubs (721) than when they rode in a cart (411).

When they walked, they traversed about 2.5 miles, compared to 0.5 miles when they rode, but the 500 percent increase in mileage corresponded to only a 75 percent increase in calories burned.

The conclusion was that the act of swinging the golf club could actually be considered good exercise — a theory many on the "not a sport" side of the golf debate have long questioned.

"As far as physical exertion, it's not the same as boxing, but it's definitely more than people thought," Wolkodoff said. EDDIE PELLS (AP)

WE DO TWO-FERS

$2 TUESDAYS

Visit ESPN Zone's Sports Arena on Tuesdays, and enjoy two hours of unlimited game play for just $2. Mention $2 Tuesdays at the Starting Line to take advantage of this great offer.

11th & E STREETS, NW
202.783.ESPN (3776) • ESPNZONE.COM

© Disney

One offer per person per visit per Tuesday. Two Hours of game play begin with first use of game card. No cash value. Other restrictions apply. May not be combined with any other offer or discount. Offer valid at ESPN Zone Baltimore and ESPN Zone Washington DC on Tuesdays only. Offer expires 2/17/09.

A TASTE OF ESPN ESPN ZONE

Sports

FIGHTING MAD: When Browns coach Romeo Crennel says he wants his team to keep fighting, he probably doesn't mean like this. According to various reports, defensive end Shaun Smith punched quarterback Brady Quinn in the face after a heated exchange last week.

Losing Gets Personal for Lions Coach

Columnist: Question about son-in-law was an attempt at humor

NFL | Rod Marinelli was as angry publicly on Monday as he's been in three seasons as coach of the Detroit Lions. Leading the NFL's first 0-15 team didn't do it. A question from a columnist did.

Detroit News columnist Rob Parker asked Marinelli if he wished his daughter married a better defensive coordinator, taking a shot at his son-in-law Joe Barry, after Sunday's 42-7 loss to New Orleans.

Marinelli didn't answer the question during his news conference, saying it wasn't the right stage for a response, but lashed out after thinking about the exchange.

"Anytime you attack my daughter, I've got a problem with that ...," Marinelli said. "It was premeditated. I think there's something wrong with that." Did it cross the line? "Big time," Marinelli said.

Parker attempted to defuse the situation. "I apologize to Rod and his family," Parker said in a telephone interview. "It was never my intent to hurt anyone. It was just to lighten the moment."

Marinelli

The Lions will close the year at Green Bay, where they haven't won since 1991, hoping to avoid sealing a perfectly imperfect season.

Parker, who has regularly asked Marinelli about the possibility of firing Barry, tried to explain his relationship with Marinelli in a column published Monday.

"On the surface, you might think it's adversarial," Parker wrote. "He hates me and I hate him. In reality, it's one built on mutual respect.

"Sunday, with my attempt at humor, I was trying to get Marinelli to lighten up, have some fun after a rough day," Parker added. "Who knows, Marinelli, a straight shooter who never goes off script, might actually have given us a funny quote. He didn't. My attempt failed." (AP)

STEPHAN SAVOIA/AP

Kurt Warner's Cardinals are going to playoffs despite a 47-7 loss on Sunday.

NFC Goes From Bad To Worse

In this unusual year, are too many teams going to the playoffs?

NFL | The Arizona Cardinals have lost four of their last five games, allowing 37, 48, 35 and 47 points. Their only win during that period was over St. Louis, a 2-13 team. And if they don't beat 4-11 Seattle at home on Sunday, they will finish 8-8. Do we really want these guys in the playoffs?

Same for some of the other teams we will see in the postseason: Minnesota or Chicago; Tampa Bay or Dallas; Denver or San Diego, one of whom will win the AFC West? Heck, even the embarrassing New York Jets with the embarrassing Brett Favre have an outside chance to get in. Very outside, fortunately.

For a number of years, there have been suggestions from some teams to increase the number of teams qualifying for the postseason from 12 to 14 or even 16. This year, 12 may be too many.

In the NFC, the East and South are relatively loaded, with the last place teams each 8-7. But the North and West are, respectively, mediocre and dismal. "Right now, we aren't what we were," Kurt Warner said after Arizona lost 47-7 to the Patriots on Sunday. "If we're happy with winning the division, then that's all we'll do." DAVE GOLDBERG (AP)

Overtime? Which team really blew it by losing this weekend? Give your take | **washingtonpost.com/the league**

Slingin' Sammy's Grand Send-Off

ROTAN, TEXAS | Sammy Baugh, the NFL's original gunslinger, has been given a cowboy send-off. The last surviving member of the Pro Football Hall of Fame's inaugural class of 1963 was remembered by family and friends Monday, five days after he died at 94.

A saddle and chaps were draped over his coffin at the front of First Baptist Church in Rotan. Baugh was taken by hearse to a cemetery, and a horse-drawn wagon awaited for the procession to the grave site.

Baugh turned the sparingly used forward pass into a potent weapon for the Redskins in the '30s. (AP)

TODAY'S TV LINEUP

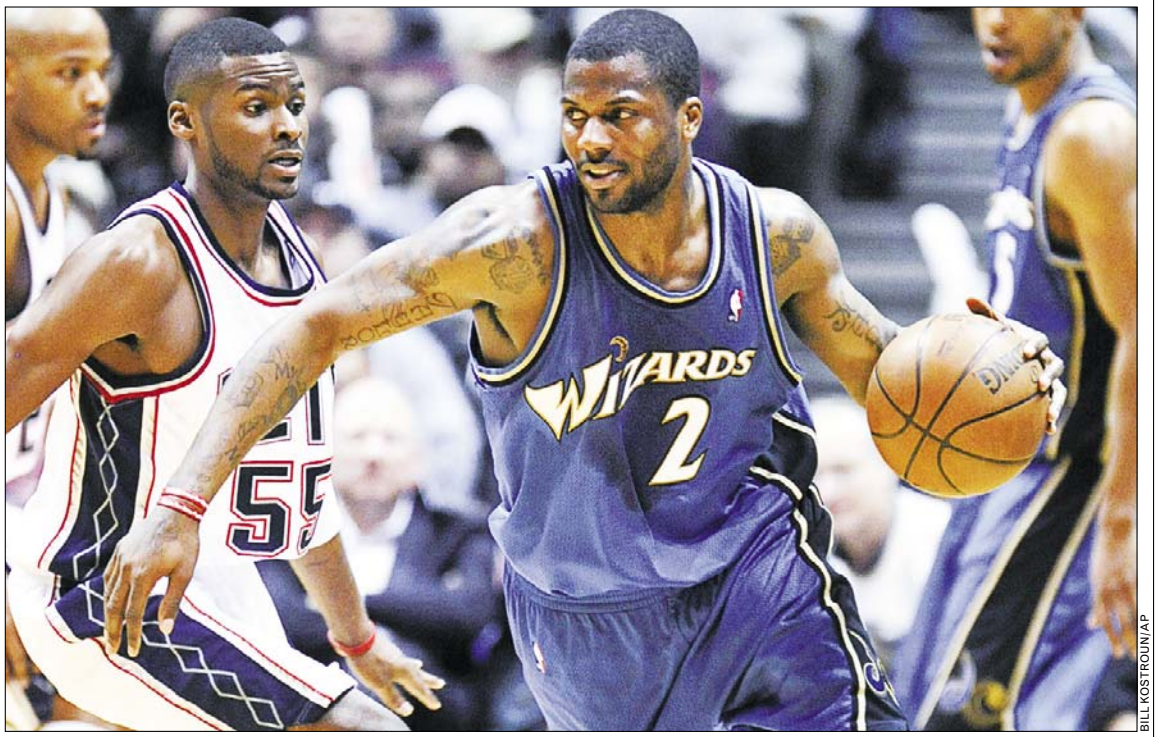
CAPITALS (7 P.M. ON CSN) The Capitals can't do worse against the Rangers than their 7-1 loss Saturday at Philadelphia.

WIZARDS (7 P.M. ON CSN+) The Wizards will fall to 4-22 if they lose to the Charlotte Bobcats.

COLLEGE FOOTBALL (8 P.M. ON ESPN) Boise State plays TCU in a game that should be in a better postseason game than the Poinsettia Bowl.

MEN'S COLLEGE HOOPS (7:30 P.M. AND 9:30 P.M. ON ESPN2) No. 25 Missouri puts its new ranking on the line against Illinois before No. 9 Texas visits Wisconsin in the best game of the night.

MORE COLLEGE HOOPS (10:30 P.M. ON FSN) Kansas and Arizona play in a battle of storied programs.



BILL KOSTROUN/AP

Mired in a slump, DeShawn Stevenson on Monday suggested a move to the bench to help the Wizards find some success.

Wizards' Stevenson to Take a Seat

Struggling guard will end his starting streak against the Bobcats

WIZARDS | DeShawn Stevenson has taken pride in having the second-longest active starting streak in the NBA, but even pride has its limits, so the veteran shooting guard, who is shooting a career-low 31.7 percent from the field, approached interim Coach Ed Tapscott before practice Monday and suggested a change.

Tapscott, who has made several changes to the lineup since taking over for Eddie Jordan on Nov. 24, agreed. Tuesday, when the Wizards (4-21) face the Charlotte Bobcats, Stevenson will come off the bench.

Tapscott said he was not yet set on a replacement and was considering several options including going to a lineup that would shift Caron Butler to shooting guard and replace him with Dominic McGuire at small forward.

Stevenson's 275 consecutive starts ranks second only to Detroit's Tayshaun Prince (378).

"In a real team gesture he basically told me: 'Hey Tap, I'm struggling a bit, why don't you let me come off the bench and see if I can't get my swag back going against some second-line guys,'" Tapscott said of Stevenson. "I thought an enormously gracious thing to say. And so, we're looking at different combinations with the lineup, whether big or small, and let DeShawn go with the second unit for a while. He's the ultimate team guy and that's why I have so much respect him." IVAN CARTER (THE WASHINGTON POST)

BRING YOUR UMBRELLAS: Rihanna will perform in Washington, D.C., on inauguration day. The singer is set to headline a charity ball for Feeding America and the Recording Industry Association of America on Jan. 20.

Entertainment

The Comeback Kids

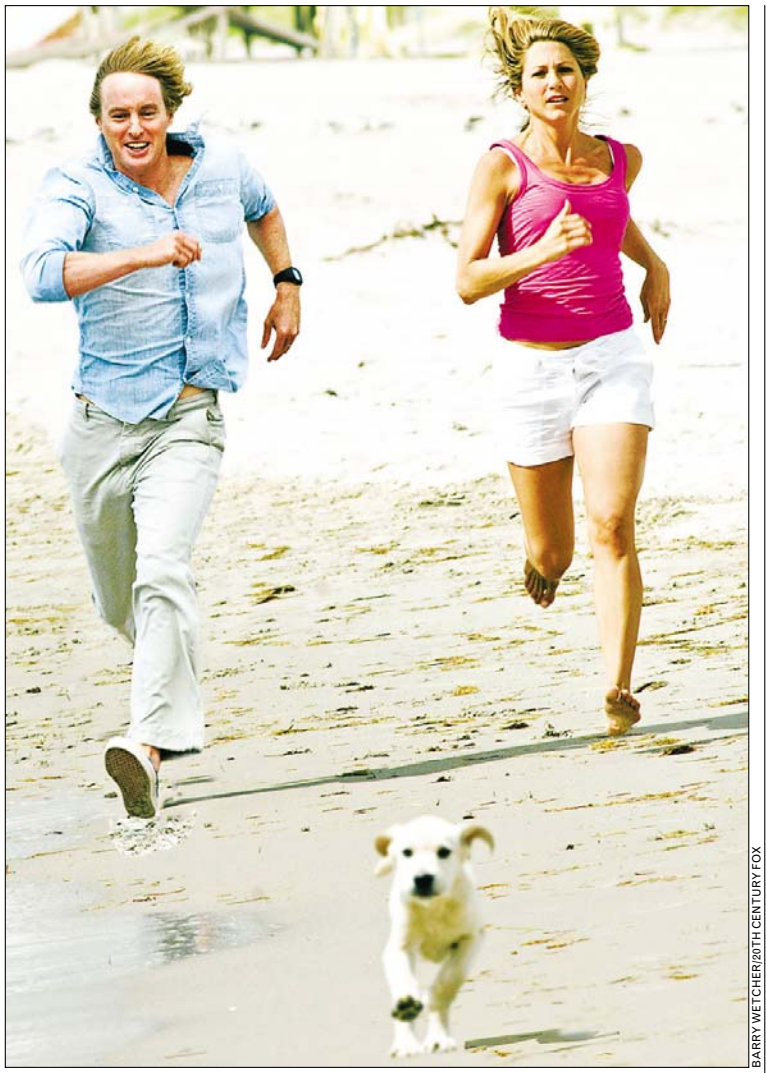
'Marley & Me' stars Aniston and Wilson are starting fresh

BEGINNINGS | Jennifer Aniston and Owen Wilson are two of Hollywood's most eligible and beautiful stars. Their fame, though, has come at a price: their loss of privacy.

Aniston and Wilson didn't set out for that sort of oppressive nonstop scrutiny when they decided to make acting their profession. Aniston simply wanted "to work" after graduating from drama school. Wilson, a gifted writer, hoped to tell stories. Their lives just sort of ended up where they did. Aniston was dumped by her husband, Brad Pitt, for Angelina Jolie. She began dating John Mayer, a musician, eight years her junior. Wilson reportedly attempted suicide, suffering from depression following a breakup.

Both have staged professional — and personal — comebacks. They remain under the microscope but they have come to terms with their celebrity.

In "Marley & Me," Aniston and Wilson play a couple that endures the ups and downs of marriage, career and kids over the course of 15 years — accompanied by a troublemaking dog named Marley. The dramedy is based on journalist John Grogan's bestselling memoir.



BARRY WETCHER/20TH CENTURY FOX

MOVE OVER, BEETHOVEN: In "Marley & Me," the star is the dog you see here. Oh, and those other two pretty famous folks, Owen Wilson and Jennifer Aniston.

"The reason I wanted to be in this movie is that it wasn't the ... girl trying to get the guy or the guy trying to get the girl or the chase," says Aniston, who plays Grogan's wife, Jenny. "This is the sort-of sequel to that."

Aniston, 39, is talking about the couple in the movie, but she could very well be referring to herself.

"I've never been somebody who was like, I'm going to grow up and I'm going to be married and I'm going to have kids," she says. "I just sort of was always like, just get me out of the house. Just let me survive and get my own apartment."

Her screen character, Jenny, has plans. She wants a house. She wants a career. She wants a husband. She wants kids. She wants a dog. She doesn't expect to have to put aside her career ambitions, but as her family grows, she has to change course. John, too, has dreams. He wants to be a globetrotting journalist, but has to settle for writing folksy columns and covering mundane hometown news, due to family obligations. Of course, to quote John Lennon, life is what happens to you while you're busy making other plans. That is, essentially, the theme of "Marley & Me." ANGELA DAWSON (ENTERAINMENT NEWS WIRE)

COURTESY OF ADULT SWIM

What better way to spend your holidays than with this tasty looking crew?

Just Keeps Getting Quirkier

The sixth volume of 'Aqua Teen' is as whacked as ever

DVD | In the first two episodes on the "Aqua Teen Hunger Force, Vol. 6" DVD set (season 5 and four episodes that haven't yet aired on Adult Swim), the gang's neighbor Carl attempts to rent the Aqua Teens' house to new tenants. It takes until the third episode of the season, "Couples Skate," for the Aqua Teens to escape and return, but you wouldn't know it if you watched the DVD in order: For some reason "Couple Skate" appears fifth, screwing up any sense of continuity. But that's the essence of "Aqua Teen's" irreverent, screwball nature.

Two highlight episodes include guest stars. On "Sirens," singers Neko Case and Kelly Hogan, along with former Philadelphia Phillies first baseman and current ESPN commentator John Kruk, rent the house. And yes, he sings. The guest stars continue with "Bible Fruit," featuring comedian David Cross and Kristen Schaal ("Flight of the Conchords") as a group of, well, Bible-touting fruit that Frylock meets on the Internet. After all, why can't religous fruit and a super-hero French fry attempt to find love in the modern world?

RUDI GREENBERG

GETTY IMAGES

Mulligan's "Mockingbird" is one of the most revered films in American cinema.

Creator of a Classic

'Mockingbird' director Robert Mulligan dies at the age of 83

OBIT | Robert Mulligan, who directed the classic film "To Kill a Mockingbird," with its sensitive look at a child's world shaken by the racism of a Southern town, has died at 83.

Mulligan died early Saturday at his home in Lyme, Conn., after a battle with heart disease, his wife, Sandy, said Monday.

Mulligan was nominated for an Oscar for "Mockingbird," the adaptation of Harper Lee's best-selling, Pulitzer Prize-winning novel.

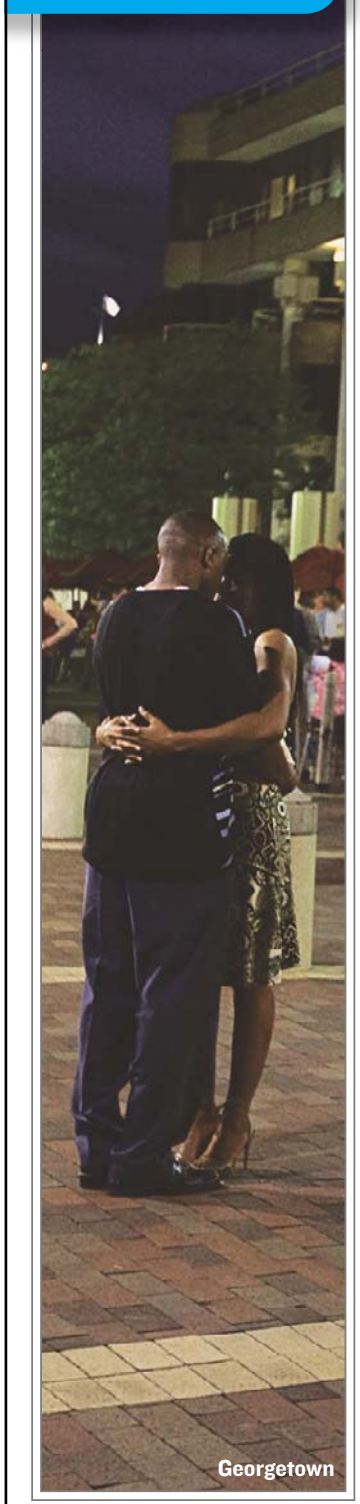
The 1962 film starred Gregory Peck, who won the best-actor Oscar for his portrayal of Atticus Finch, the small town lawyer who defends a black man falsely accused of rape.

The story unfolds largely from the point of view of Atticus' young daughter, Scout, memorably played by Mary Badham. Phillip Alford played his son, Jem.

Among his other credits were "Fear Strikes Out," the 1957 drama starring Anthony Perkins as troubled ballplayer Jim Piersall; "Summer of '42," the 1971 wartime coming-of-age story starring Gary Grimes and Jennifer O'Neill; and the 1972 horror hit "The Other."

But "Mockingbird" would remain his most famous work. In 2003, an American Film Institute listing of the top heroes in film history ranked Peck's Atticus Finch as No. 1. (AP)

Great dates start here.



Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

Look for site highlights in today's Express.

XX435 Ixl2

Entertainment

'SEX AND THE CITY' FORGOT TO SHAVE: The Fox network is developing "Bitches," a dramedy about a quartet of female friends in New York who are werewolves. The project hails from feature writer Michael Dougherty and Warner Bros.

TV Is Short on Color

NAACP is fed up with under-representation of minorites in media

PROTEST | On the heels of issuing a critical report about Hollywood's minority hiring, the president of the NAACP threatened the entertainment industry Thursday with unspecified political actions if it did not increase diversity.

"At a time when the country is excited about the election of the first African -American president in U.S. history," said Benjamin Todd Jealous, who was appointed in May to head the civil rights organization, "it is unthinkable that minorities would be so grossly under-represented on broadcast television."

The statement came after the organization released a report that found that minorities are under-represented in television and film.

Only three network series — CBS's "CSI: Crime Scene Investigation" and "The Unit" and ABC's "Ugly Betty" — have minorities in leading roles.

GREG BRAXTON (LOS ANGELES TIMES)

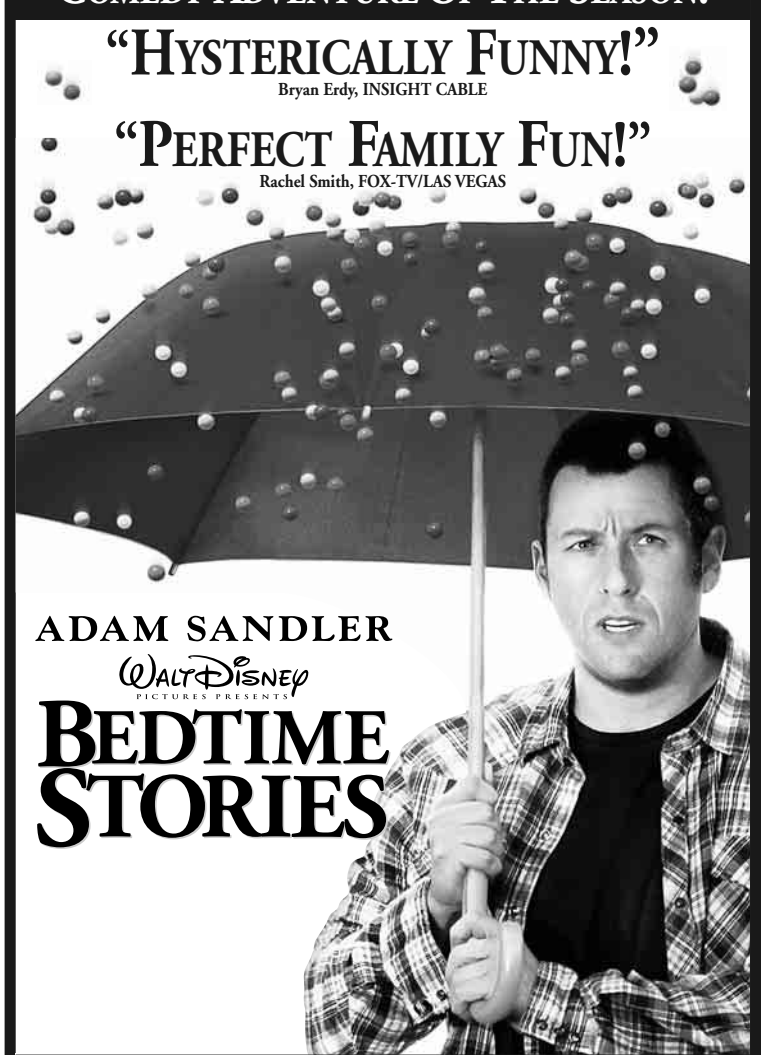
PATRICK HARBRON/ABC

"Ugly Betty" is one of only three network shows featuring a minority star.

EXPERIENCE THE FUNNIEST COMEDY-ADVENTURE OF THE SEASON!

"HYSTERICALLY FUNNY!" Bryan Erdy, INSIGHT CABLE

"PERFECT FAMILY FUN!" Rachel Smith, FOX-TV/LAS VEGAS



WALT DISNEY PICTURES PRESENTS ADAM SANDLER "BEDTIME STORIES"
A HAPPY MADISON/GUNN FILMS/OFFSPRING PRODUCTION A FILM BY ADAM SHANKMAN KERI RUSSELL
GUY PEARCE RUSSELL BRAND RICHARD GRIFFITHS JONATHAN PRYCE COURTENEY COX LUCY LAWLESS TERESA PALMER
MUSIC COMPOSED BY RUPERT GREGSON-WILLIAMS EXECUTIVE PRODUCERS ADAM SHANKMAN JENNIFER GIBGOT ANN MARIE SANDERLIN GARRETT GRANT
PRODUCED BY ANDREW GUNN ADAM SANDLER JACK GIARRAPUTO STORY BY MATT LOPEZ SCREENPLAY BY MATT LOPEZ AND TIM HERLIHY
PG | PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN
SOME MILD RUDE HUMOR AND MILD LANGUAGE
DIRECTED BY ADAM SHANKMAN
Text STORIES to DISNEY (347639)
disney.com/BedtimeStories
Walt Disney Pictures

Coming True Thursday, Christmas Day

FOR THEATRES AND SHOWTIMES: CHECK LOCAL LISTINGS OR TEXT BED WITH YOUR ZIP CODE TO 43KIX (43549)
SORRY, NO PASSES OR VISIT DISNEY.COM/BEDTIMESTORIES VISIT Walt Disney World

GO BEHIND THE SCENES OF "BEDTIME STORIES" WITH DISNEY'S MOVIE SURFERS ON DISNEY CHANNEL.

5 GOLDEN GLOBE® NOMINATIONS
INCLUDING BEST PICTURE (DRAMA)
BEST ACTOR BEST DIRECTOR BEST SCREENPLAY

"REMARKABLE. ENGROSSING." Kenneth Turan, LOS ANGELES TIMES

"★★★★ ELECTRIC." James Christopher, THE LONDON TIMES

"ONE OF THE YEAR'S BEST." Peter Travers, ROLLING STONE

"★★★★ ENTHRALLING." Claudia Puig, USA TODAY

4 INCLUDING CRITICS' CHOICE AWARD NOMINATIONS BEST PICTURE

FRANK LANGELLA MICHAEL SHEEN
FROST NIXON

IMAGINE WORKING TITLE
R RESTRICTED UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN SOME LANGUAGE
© 2008 UNIVERSAL STUDIOS UNIVERSAL

NOW PLAYING AND CONTINUING AT
AMC LOEWS GEORGETOWN 14 Washington,DC (800) FANDANGO #821

STARTS THURSDAY AT THESE ADDITIONAL THEATRES

WASHINGTON, DC
AMC MAZZA GALLERIE 7 Washington, DC (202) 537-9553
REGAL CINEMAS GALLERY PLACE STADIUM 14 Washington, DC (800) FANDANGO #1721
LANDMARK'S BETHESDA ROW CINEMA Bethesda (301) 652-7273
REGAL CINEMAS MAJESTIC STADIUM 20 Silver Spring (240) 393-4826
REGAL CINEMAS ROCKVILLE STADIUM 13 Rockville (800) FANDANGO #248
AMC HOFFMAN CENTER 22 Alexandria (703) 998-4AMC
AMC POTOMAC MILLS 18 Woodbridge (703) 998-4AMC
AMC TYSONS CORNER 16 McLean (703) 998-4AMC
CINEMA ARTS THEATRE Fairfax (703) 978-6991
NATIONAL AMUSEMENTS RESTON TN CTR MULTIPLEX Reston (703) 502-4060
REGAL CINEMAS COUNTRYSIDE STADIUM 20 Sterling (800) FANDANGO #394
REGAL CINEMAS FAIRFAX TOWNCENTER 10 Fairfax (800) FANDANGO #670
REGAL CINEMAS KINGSTOWNE STADIUM 16 Alexandria (703) 822-4956
REGAL CINEMAS POTOMAC YARD STADIUM 16 Alexandria (703) 739-4040

MARYLAND
AMC LOEWS RIO 18 Gaithersburg (800) FANDANGO #740

VIRGINIA
AMC COURTHOUSE 8 Arlington (703) 998-4AMC

CHECK LOCAL LISTINGS FOR SHOWTIMES.

MOBILE USERS: FOR SHOWTIMES - TEXT FROST WITH YOUR ZIP CODE TO 43KIX (43549)!

LONG LIVE THE SPACE MAN: Frank Miller and Odd Lot Entertainment, the creator and production company behind the upcoming comic-book adventure "The Spirit," are close to teaming again on the classic sci-fi property "Buck Rogers."

Noisy, Brutal Genius

The second season of 'Metalocalypse' is a hilarious headbanger

DVD | William Murderface doesn't like to eat "penis-shaped" food. The Dethklok bassist has mother issues and body-image problems, too. While the mulleted-and-mustached sociopath is the most screwed-up member of the animated band, he's not the only one who struggles with his self-esteem. But Murderface is the funniest character in the double-devil-horns-worthy "Metalocalypse" series, which airs on Cartoon Network's Adult Swim, and whose second season is out now on DVD.

Even humor fans who aren't down with extreme heavy metal will find something to laugh about in the exploits of Dethklok, the most popular death-metal band ever and "the 12th largest economy in the world." Like most shows on Adult Swim, "Metalocalypse" has a strange rhythm, one that's part slow-burn comedy mixed with heaps of post-modern insanity. And like so many of its sister shows on Adult Swim, "Metalocalypse" is brilliant.

In a nutshell, the 19 season two episodes of "Metalocalypse" follow this general template: dis-functional band decides to play a concert/endorse a product/record a song; brutal deaths of innocent fans ensue; the end. It's like the Metallica documentary "Some Kind of Monster" if were done as an animated version of "Spinal Tap" and a Rob Zombie slasher flick.

CHRISTOPHER PORTER (EXPRESS)

COURTESY CARTOON NETWORK

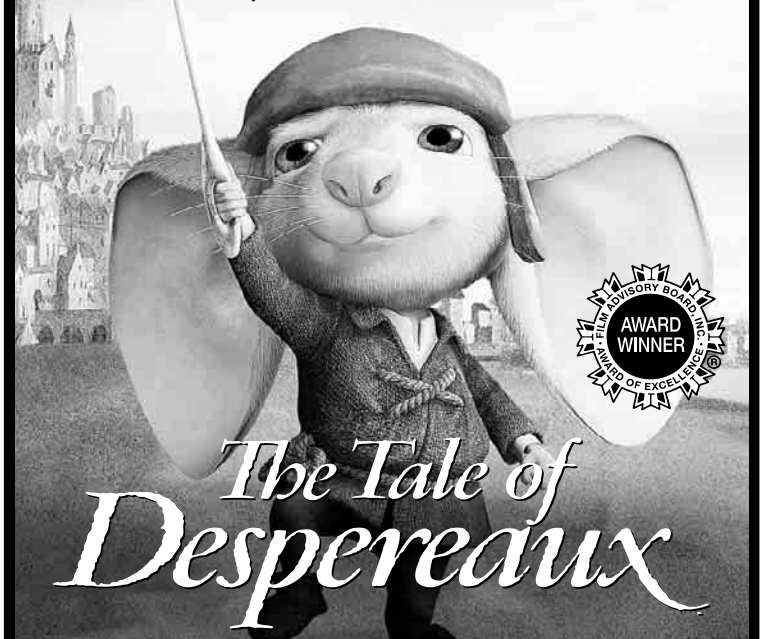
Adult Swim's "Metalocalypse" is just as clever as it is wonderfully weird.

TODAY

"THE JOY OF THIS HOLIDAY SEASON.
A delight for the eye, a laugh for the belly, a bonbon for children and a captivating pleasure for adults."
Gene Shalit

"IMMERSIVE AND BEAUTIFULLY ANIMATED."
Manohla Dargis, THE NEW YORK TIMES

"TRULY INSPIRED. THE AUDIENCE CHEERED!"
Wesley Morris, THE BOSTON GLOBE



The Tale of Despereaux

UNIVERSAL PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA A LARGER THAN LIFE PRODUCTION IN ASSOCIATION WITH FRAMESTORE ANIMATION
"THE TALE OF DESPEREAUX" MATTHEW BRODERICK ROBBIE COLTRANE DUSTIN HOFFMAN RICHARD JENKINS KEVIN KLINE FRANK LANGELLA
WILLIAM H. MACY TRACEY ULLMAN EMMA WATSON AND SIGOURNEY WEAVER MUSIC BY WILLIAM ROSS BASED ON THE BOOK BY KATE DiCAMILLO
SCREEN STORY BY WILL McROBB & CHRIS VISCARDI SCREENPLAY BY GARY ROSS PRODUCED BY GARY ROSS ALLISON THOMAS DIRECTED BY SAM FELL ROB STEVENHAGEN
G GENERAL AUDIENCES All Ages Admitted
www.thetaleofdespereauxmovie.com
SOUNDTRACK ON BACK LOT MUSIC and INTRADA
A UNIVERSAL PICTURE
© 2008 UNIVERSAL STUDIOS
LIVE THE ADVENTURE WITH THE TALE OF DESPEREAUX GAME ON THE NINTENDO DS™ SYSTEM

CHECK LOCAL LISTINGS FOR THEATRES AND SHOWTIMES
MOBILE USERS: For Showtimes - Text TALE with your ZIP CODE to 43KIX (43549)

25 reasons to get The Washington Post.

REASON # 13 Privacy

Because nobody bothers you when you're reading the paper.

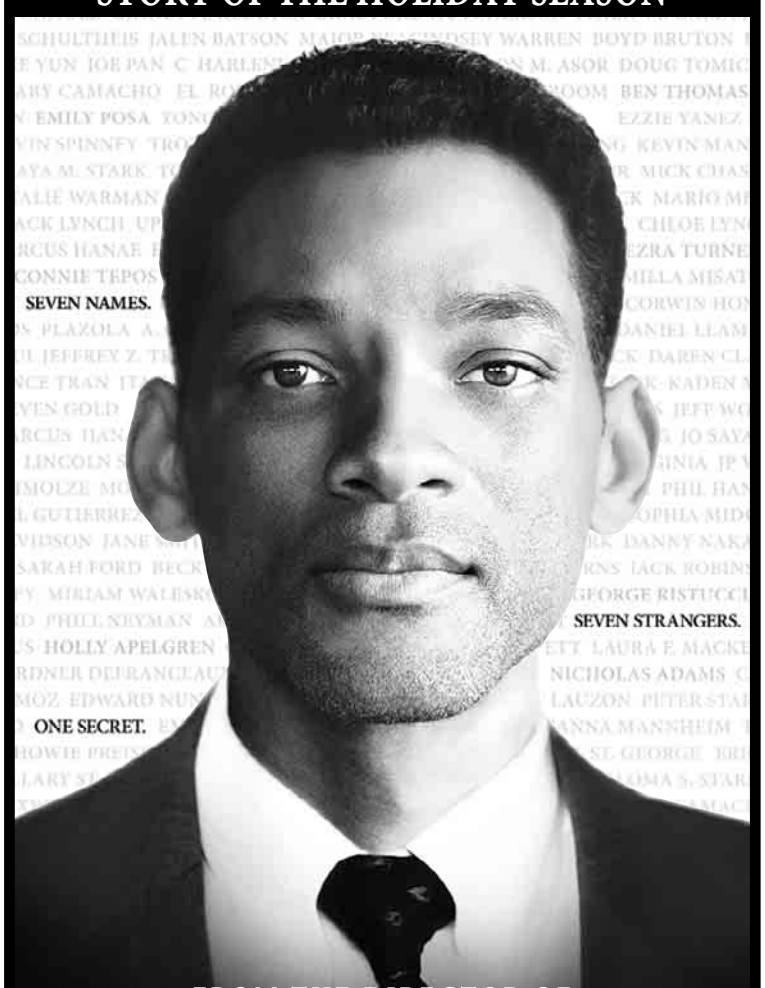
Get **26 weeks** of 7-day home-delivery for just **99¢ a week**—that's **78% OFF** the newsstand rate—or save **67% OFF** Sunday-only home-delivery at just **49¢ a week**!

The Washington Post
If you don't get it, you don't get it.

To subscribe, call toll-free:
1-877-332-3717, Ext. 7
or visit wpsubscribe.com/fall49sun

Offer expires 12/28/08. Restrictions may apply.
DDA8 RPNG XPS08-549 1x7

EXPERIENCE THE MOST EXTRAORDINARY STORY OF THE HOLIDAY SEASON



FROM THE DIRECTOR OF THE PURSUIT OF HAPPYNESS
WILL SMITH SEVEN POUNDS

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA AN OVERBROOK ENTERTAINMENT ESCAPE ARTISTS PRODUCTION
A FILM BY GABRIELE MUCCINO "SEVEN POUNDS" ROSARIO DAWSON MICHAEL EALY WITH BARRY PEPPER AND WOODY HARRELSON
MUSIC BY ANGELO MILLI EXECUTIVE PRODUCERS DAVID CROCKETT DAVID BLOOMFIELD KEN STOVITZ DOMENICO PROCACCI WRITTEN BY GRANT NIEPORTE
PRODUCED BY TODD BLACK JAMES LASSITER JASON BLUMENTHAL STEVE TISCH WILL SMITH DIRECTED BY GABRIELE MUCCINO
PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
THEMATIC MATERIAL, SOME DISTURBING CONTENT AND A SCENE OF SENSUALITY
SevenPounds.com
Soundtrack on Varèse Sarabande

NOW PLAYING
CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES
SORRY, NO PASSES ACCEPTED FOR THIS ENGAGEMENT

Entertainment

IF YOU'RE LIBERAL AND YOU KNOW IT ... Chris Matthews is weighing whether to accept an offer from NBC to remain as host of "Hardball," a job he's held for more than a decade, or to return to his native Pennsylvania to run for the U.S. Senate against GOP incumbent Arlen Specter.

The Gang's History Is All Here

Michael Davis puts the story of 'Sesame Street' in writing

ELMO | How to get to "Sesame Street" is child's play, as the chirpy theme song has assured kids daily for 39 years.

But first it had to be created. In the new book "Street Gang: The Complete History of 'Sesame Street,'" journalist Michael Davis takes us on the journey with thoroughness and obvious affection.

While this history travels some familiar ground, the story in its fullness should cause readers to marvel at what a charmed alignment "Sesame Street" represents: Here, an era of social activism coincided with a strategy for channeling TV to help underprivileged youngsters, which all led to this newfangled show, along with an institution (Sesame Workshop) to cradle it.

An early outline for the show had already identified the essentials: It would be a daily hourlong program for 3- to 5-year-olds, shot on tape, with music, puppets and stories. The goal: to help kids learn their ABCs and count from one to 10.

According to "Street Gang," both CBS and NBC had a chance, but each rejected the project.

"All the applause, all the gratitude from parents, all the awards and recognition," plus millions from licensing and merchandising — this was for the taking by either network. As Davis writes, "Turning down 'Sesame Street' was a billion-dollar blunder."

It debuted instead on PBS on Nov. 10, 1969, and from its first day, the show made everything look easy.

But the four years before that had been jammed with brainstorming, fundraising, meticulous research and remarkable invention. A few decisions were made on the fly.

"We were just frantic for a title," recalled series mastermind Joan Ganz Cooney. No one much liked the word "sesame," which seemed cutesy."

But the deadline was upon them. "We decided that 'Sesame Street' was the least bad" of the options, Cooney said. FRAZIER MOORE (AP)

MARK LENNIHAN/AP

Now, along with watching Big Bird read, you can read all about Big Bird's history.

Express delivers.

Express delivers over 280,000 readers every weekday morning.

Advertise in Express.

For information call:

202-334-4532 ● Bars/Clubs, Education, Entertainment, Maryland/D.C. Retail, Restaurants, Travel, Charities

202-334-4130 ● Real Estate, Home Furnishings, Technology, National Retail, Specialty Stores, Financial

202-334-4385 ● Health, Virginia Retail, Apartments, Automotive, Jobs

express
A Publication of the The Washington Post

XX569 1X6

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1015 1115 1245 200 315 445) 630 730 915 1015
SEVEN POUNDS (PG-13) ★ (1000 100 400) 700 1000
THE TALE OF DESPEREAUX (G) ★ (1100 115 345) 615 845
THE DAY THE EARTH STOOD STILL (PG-13) (1015 1100 1200 1245 245 330 430 530) 615 715 815 900
OC & DA: THE DAY THE EARTH STOOD STILL (PG-13) (145 PM) 1000 PM
NOTHING LIKE THE HOLIDAYS (PG-13) (1145 215 445) 715 945
AUSTRALIA (PG-13) (1230 PM 430 PM) 800 PM
FOUR CHRISTMASES (PG-13) (1045 100 315) 600 830 1045
TWILIGHT (PG-13) (1000 1245 330) 645 945
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1030 130 415) 645 930
QUANTUM OF SOLACE (PG-13) (1130 215 500) 745 1030

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1230 145 300 440 530) 710 810 945 1040
SEVEN POUNDS (PG-13) ★ (130 430) 730 1030
THE TALE OF DESPEREAUX (G) ★ (1220 200 250 420 510) 640 740 930 950
THE DAY THE EARTH STOOD STILL (PG-13) (1210 120 210 310 450 540) 630 720 820 1000 1050
OC & DA: THE DAY THE EARTH STOOD STILL (PG-13) (400 PM) 910 PM
NOTHING LIKE THE HOLIDAYS (PG-13) (150 410) 700 940
TRANSPORTER 3 (PG-13) 1020 PM
FOUR CHRISTMASES (PG-13) (1200 230 500) 750 1010
TWILIGHT (PG-13) (1250 330) 650 1015
BOLT (PG) (100 340) 645 920
QUANTUM OF SOLACE (PG-13) (1150 240 520) 800 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (110 PM 350 PM) 620 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1220 120 250 420 520) 700 800 940 1030
THE TALE OF DESPEREAUX (G) ★ (1200 130 230 345 450) 630 725 950
SEVEN POUNDS (PG-13) ★ (100 400) 715 1000
THE DAY THE EARTH STOOD STILL (PG-13) (1205 140 240 410 500 530) 640 735 810 910 1010 1040
NOTHING LIKE THE HOLIDAYS (PG-13) 900 PM
SLUMDOG MILLIONAIRE (R) - ID REQ'D (150 440) 750 1035
CADILLAC RECORDS (R) - ID REQ'D (1230 305 535) 815 1045
OC: FOUR CHRISTMASES (PG-13) (300 PM) 1005 PM
AUSTRALIA (PG-13) (200 PM)
FOUR CHRISTMASES (PG-13) (1240 PM 510 PM) 740 PM
TWILIGHT (PG-13) (110 355) 730 1020
BOLT (PG) (1155 220 445) 705 930
QUANTUM OF SOLACE (PG-13) 650 PM 920 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1210 PM 225 PM 435 PM)

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1130 1240 130 215 330 420 500) 630 715 750 915 1010 1045
YES MAN (PG-13) ★ (1140 1230 110 205 300 340 440 525) 605 705 800 840 930 1020 1110
THE TALE OF DESPEREAUX (G) ★ (1145 1255 155 310 405 530) 615 745 830 1000
RW & DA: THE DAY THE EARTH STOOD STILL (PG-13) (1135 200 430) 720 945
THE DAY THE EARTH STOOD STILL (PG-13) (1215 100 245 325 515) 600 740 825 1015 1100
RW: NOTHING LIKE THE HOLIDAYS (PG-13) (1250 305 545) 810 1040
MILK (R) - ID REQ'D (115 410) 700 950
CADILLAC RECORDS (R) - ID REQ'D (1115 220 445) 725 1030
TRANSPORTER 3 (PG-13) 735 PM 955 PM
AUSTRALIA (PG-13) (1210 345) 710 1035
FOUR CHRISTMASES (PG-13) (1235 315 540) 755 1025
TWILIGHT (PG-13) (1155 240 535) 820 1105
BOLT (PG) (1145 210 435) 655 920
QUANTUM OF SOLACE (PG-13) (1150 225 455) 730 1005
ROLE MODELS (R) - ID REQ'D 1050 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1245 PM 255 PM 510 PM)

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1215 300) 700 945
RW & DA: SEVEN POUNDS (PG-13) ★ (1245 330) 630 915
YES MAN (PG-13) ★ (1230 100 310 340 535) 705 800 940 1030
THE TALE OF DESPEREAUX (G) ★ (1200 1235 215 250 430 505) 645 720 900
THE DAY THE EARTH STOOD STILL (PG-13) (1210 235 435 500) 655 725 920 950
RW & DA: THE DAY THE EARTH STOOD STILL (PG-13) (1250 315 540) 805 1035
NOTHING LIKE THE HOLIDAYS (PG-13) (1255 320 545) 810 1040
CADILLAC RECORDS (R) - ID REQ'D (1220 345) 730 1025
TRANSPORTER 3 (PG-13) 735 PM 955 PM
AUSTRALIA (PG-13) (105 PM)
FOUR CHRISTMASES (PG-13) (1225 240 450) 650 1000
BOLT (PG) (1205 225 445) 710 930
ROLE MODELS (R) - ID REQ'D 935 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1240 PM 245 PM 510 PM)

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1145 1230 230 300 450 530) 715 800 945 1025
SEVEN POUNDS (PG-13) ★ (1100 200 500) 745 1030
THE TALE OF DESPEREAUX (G) ★ (1200 215 430) 645 900
THE DAY THE EARTH STOOD STILL (PG-13) (1130 1215 205 245 430 515) 700 745 930 1010
NOTHING LIKE THE HOLIDAYS (PG-13) (100 PM) 1020 PM
AUSTRALIA (PG-13) (330 PM) 700 PM
FOUR CHRISTMASES (PG-13) (1220 240 510) 730 950
BOLT (PG) (1150 200 415) 630 845
QUANTUM OF SOLACE (PG-13) (1240 300 530) 800 1030

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
THE TALE OF DESPEREAUX (G) ★ (1030 1130 115 200 400 430) 630 715 900
SEVEN POUNDS (PG-13) ★ (1045 1145 145 245 445 530) 745 830 1030
YES MAN (PG-13) ★ (1015 1200 1245 230 315 500 545) 730 815 1015 1030
THE DAY THE EARTH STOOD STILL (PG-13) (1015 1130 1230 200 300 400 430 530) 630 715 800 900 945 1030
NOTHING LIKE THE HOLIDAYS (PG-13) (1215 300 515) 800 1015
CADILLAC RECORDS (R) - ID REQ'D (1145 245 515) 745 1015
TRANSPORTER 3 (PG-13) 945 PM
AUSTRALIA (PG-13) (1230 PM)
FOUR CHRISTMASES (PG-13) (1000 1200 215 500) 730 1000
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1115 145 415) 645 930
QUANTUM OF SOLACE (PG-13) 930 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1000 1215 230 445) 700

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1020 1100 1230 130 215) 330 430 545 700 730 845 1015 1045
YES MAN (PG-13) ★ (1030 1145 115 220) 400 500 650 745 930 1030
THE TALE OF DESPEREAUX (G) ★ (1000 1210 225) 450 710 920
OC & DA: THE DAY THE EARTH STOOD STILL (PG-13) 415 PM 1000 PM
THE DAY THE EARTH STOOD STILL (PG-13) (1050 1250 120) 340 620 700 900
NOTHING LIKE THE HOLIDAYS (PG-13) (1015) 530 820 1040
CADILLAC RECORDS (R) - ID REQ'D (1155 235) 510 750 1020
AUSTRALIA (PG-13) (140 PM)
FOUR CHRISTMASES (PG-13) (1045 100) 315 530 800 1010
TWILIGHT (PG-13) (1025 110) 350 640 940
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1130 200 445) 720 950
QUANTUM OF SOLACE (PG-13) (1220 300) 540 810 1035

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale MARLEY AND ME
THE TALE OF DESPEREAUX (G) ★ (1130 1210 150 230 410 450) 630 710 850
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1030 130 430) 730 1030
CADILLAC RECORDS (R) - ID REQ'D (1120 215 510) 750 1035
VICKY CRISTINA BARCELONA (PG-13) 950 PM
FOUR CHRISTMASES (PG-13) (1050 1150 120 220 400 500) 620 720 840 940
AUSTRALIA (PG-13) (1110 AM 300 PM) 640 PM
TWILIGHT (PG-13) (1040 140) 740 1040
QUANTUM OF SOLACE (PG-13) (100 400) 700 1000
THE BOY IN THE STRIPED PAJAMAS (PG-13) (1045 110 340) 610 835
ROLE MODELS (R) - ID REQ'D (1220 250 525) 800 1035
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1140 200 425) 650 915

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1010 1050 110 150 410 450) 710 750 1010 1050
THE TALE OF DESPEREAUX (G) ★ (1030 1130 120 200 345 425) 610 700 940
YES MAN (PG-13) ★ (1000 1040 1255 135 355 435) 650 730 950 1030
OC & DA: THE DAY THE EARTH STOOD STILL (PG-13) (320 PM) 920 PM
THE DAY THE EARTH STOOD STILL (PG-13) (1020 1120 1220 120 220 420 520) 620 720 820 1020
NOTHING LIKE THE HOLIDAYS (PG-13) (1210 300 530) 810 1040
CADILLAC RECORDS (R) - ID REQ'D (1235 315) 600 845
TRANSPORTER 3 (PG-13) (1225 325) 625 910
AUSTRALIA (PG-13) 850 PM
FOUR CHRISTMASES (PG-13) (1005 1230 250 510) 740 1000
TWILIGHT (PG-13) (1035 145 445) 800
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1100 130 400) 630 900
QUANTUM OF SOLACE (PG-13) (1245 335) 640 930

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1215 135 310 430) 620 740 910 1035
YES MAN (PG-13) ★ (1135 105 210 340 445) 630 800 900 1035
THE TALE OF DESPEREAUX (G) ★ (1130 1245 150 300 415 515) 640 730 945
RW & DA: THE DAY THE EARTH STOOD STILL (PG-13) (1150 235 505) 750 1020
THE DAY THE EARTH STOOD STILL (PG-13) (1255 125 325 405) 615 700 850 935
NOTHING LIKE THE HOLIDAYS (PG-13) (1130 205 425) 650 915
SLUMDOG MILLIONAIRE (R) - ID REQ'D (145 435) 725 1010
CADILLAC RECORDS (R) - ID REQ'D (100 335) 735 1025
AUSTRALIA (PG-13) 855 PM
FOUR CHRISTMASES (PG-13) (1220 245 500) 715 930
TWILIGHT (PG-13) (1240 330) 635 925
BOLT (PG) (1200 225 450) 710 940
QUANTUM OF SOLACE (PG-13) (410 PM) 645 PM 920 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1140 AM 155 PM)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
SEVEN POUNDS (PG-13) ★ (1035 1230 120 330 420) 640 730 940 1020
YES MAN (PG-13) ★ (1010 1100 1150 1240 130 220 310 400 450 540) 630 720 810 900 950
THE TALE OF DESPEREAUX (G) ★ (1040 1140 100 210 340 430) 620 710 840
OC & DA: THE DAY THE EARTH STOOD STILL (PG-13) (440 PM) 1010 PM
THE DAY THE EARTH STOOD STILL (PG-13) (1015 1110 1130 1210 1250 140 230 320 530 620) 610 650 740 820 850 930
NOTHING LIKE THE HOLIDAYS (PG-13) (1050 115 405) 635 910
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1020 110 425) 725 1025
CADILLAC RECORDS (R) - ID REQ'D (1215 300) 615 855
FOUR CHRISTMASES (PG-13) (1000 1220 240 500) 700 750 920 1000
TRANSPORTER 3 (PG-13) 935 PM
AUSTRALIA (PG-13) (1200 PM 410 PM) 800 PM
TWILIGHT (PG-13) (1235 345) 705 955
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1030 1255 325) 645 915
QUANTUM OF SOLACE (PG-13) (1155 225 505) 745 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1135 AM 150 PM 445 PM)

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1045 1145 115 215 400 500) 630 730 900 1000
THE TALE OF DESPEREAUX (G) ★ (1000 1115 1215 130 230 345 445) 600 700 815 1035
SEVEN POUNDS (PG-13) ★ (1000 1245 330) 615 945
THE DAY THE EARTH STOOD STILL (PG-13) (1030 1130 1230 100 200 315 415 515 545) 645 745 830 930 1015
FOUR CHRISTMASES (PG-13) (1050 1150 110 210 320 420) 610 710 820 920 1030
AUSTRALIA (PG-13) 915 PM
TWILIGHT (PG-13) (1015 150 440) 740 1035
BOLT (PG) (1200 220 450) 720 940
QUANTUM OF SOLACE (PG-13) (1210 240 520) 750 1020
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1110 120 340 550) 800 1010
RW & DA: SEVEN POUNDS (PG-13) ★ (145 430) 715 1030
RW: NOTHING LIKE THE HOLIDAYS (PG-13) (1250 350) 620 850

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale BEDTIME STORIES
THE TALE OF DESPEREAUX (G) ★ (1155 1255 215 315 440 530) 700 745 920
THE DAY THE EARTH STOOD STILL - DP (PG-13) (1245 325) 600 830
THE DAY THE EARTH STOOD STILL (PG-13) (1215 130 245 415 515) 720 755 950 1030
CADILLAC RECORDS (R) - ID REQ'D (150 430) 725 1000
PUNISHER: WAR ZONE (R) - ID REQ'D 1020 PM
FOUR CHRISTMASES (PG-13) (1205 230 450) 730 945
TWILIGHT (PG-13) (105 405) 705 1005
QUANTUM OF SOLACE (PG-13) (1200 235 510) 750 1025
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1210 240 455) 715 935

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale BEDTIME STORIES
Adv. Tix on Sale THE CURIOUS CASE OF BENJAMIN BUTTON
Adv. Tix on Sale MARLEY AND ME
YES MAN (PG-13) ★ (1045 1145 115 215 345 445) 630 715 900 1000
THE TALE OF DESPEREAUX (G) ★ (1015 1115 100 200 330 430) 615 700 1015
SEVEN POUNDS (PG-13) ★ (1245 400) 730 1030
THE DAY THE EARTH STOOD STILL (PG-13) (1030 1130 1230 130 230 315 415 500 545) 645 745 830 915 1015 1100
NOTHING LIKE THE HOLIDAYS (PG-13) (150 515) 750 1020
AUSTRALIA (PG-13) (1010 210) 610 940
FOUR CHRISTMASES (PG-13) (1000 1215 300) 600 815
TWILIGHT (PG-13) (1140 240) 620 910
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1200 250 510) 740 1010
QUANTUM OF SOLACE (PG-13) 845 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1100 120 350) 720 950

Times For 12/22 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2008 www.REGmovies.com

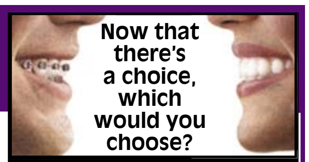
Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

- Implants
- Emergency Care
- Dental Check-Ups
- Crowns & Bridges
- Root Canal Therapy
- Oral Surgery
- Periodontics
- Cosmetic Dentistry
- Orthodontics
- Digital Computerized X-Rays
- Intra-Oral Camera/Video Imaging
- EVENING HOURS BY APPOINTMENT

All In One Facility
1 block away from Foggy Bottom Metro Station

FREE CONSULTATION ON LUMINEERS BY CERINATE

Free Orthodontic & Implant Consultation



PREMIERE INVISALIGN PROVIDER (top 5% Nationwide 2005)

K Street Dental & Orthodontic Group
Dr. A. Shouhayib & Associates

3 Washington Circle,NW
Suite #306
Washington, DC 20037
202.775.0167

308 Main Street
Gaithersburg, MD 20878
Beside Whole Foods
301.977.9787

www.kstreetdental.com

VAMOOSE TO NYC

ONLY $25.00 Each way

Convenient Departure and Arrivals

Guaranteed Seating with Reservation

- **Arlington, VA -** 1801 N. Lynn St. between 19th St. N. & Wilson Blvd. 1 block from Rosslyn Metro
- **Bethesda, MD -** 7490 Waverly St. between E-W Hwy & Montgomery Ave. 1 block from Metro
- **NYC -** Penn Station, West 31st Street between 7th and 8th Avenues (at green awning 4 Penn Plaza)

Reserve online today at:
www.vamoosebus.com
or 877.393.2828

VAMOOSE

Operated by: DC Trails Inc., Lorton VA, MC #402959

Great dates start here.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XX435 Ix4

GEORGE MASON UNIVERSITY | The Volgenau School of Information Technology and Engineering

TechAdvance

LEARNGROWADVANCE

Experienced trainers with industry experience

Hands-on training

Daytime, evening and weekend classes

Continuing education units awarded

Payment plan available

Courses meet DoD 8570.01 requirements

Professional Development Programs

Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	Jan 21
Advanced Web Developer with ASP.Net	Jan 22
Certified Hacking Forensic Investigator	Jan 24
Web Design and Developer	Jan 24
MCITP: Enterprise Admin Windows Server 2008	Jan 26
CCNA Fast Track	Jan 26
Oracle 11g Database Administration	Jan 27
Microsoft Sharepoint 2007	Jan 31
Certified Info. System Security Professional	Feb 09
Sun Certified Java Programmer	Feb 24
CISSP Fast Track	Mar 23

For complete outline and schedule, visit our website at http://ite.gmu.edu/techadvance
Arlington, Herndon, and Loudoun

703-842-7404 advance@gmu.edu

AMC *Experience the Difference*

Advanced Ticketing at MovieWatcher.com

A.M.Cinema - All seats $4, $5, or $6, Digital 3D $7 or $8, IMAX $9, before noon on Fri., Sat., Sun., & holiday periods - denoted by ( )
AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) 1:10, 4:00, 7:00, 9:50

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 1:05, 3:25, 5:45, 8:05, 10:25

SEVEN POUNDS (PG13) ✓ 1:00, 1:45, 3:00, 4:10, 5:00, 6:10, 7:10, 8:00, 9:20, 10:10
THE TALE OF DESPEREAUX (G) 12:50, 1:50, 3:30, 4:20, 5:55, 7:30, 8:30, 10:05
YES MAN (PG13) ✓ 12:00, 1:55, 2:45, 4:30, 5:30, 7:20, 8:10, 10:00
THE DAY THE EARTH STOOD STILL (PG13) 2:00, 4:40, 7:40, 10:30
THE DAY THE EARTH STOOD STILL (PG13) (DV) (CC) 12:20, 3:20, 6:20, 9:00
PUNISHER: WAR ZONE (R) 1:25, 4:45, 7:45, 10:20
AUSTRALIA (PG13) 12:05, 4:05, 7:35
FOUR CHRISTMASES (PG13) 12:30, 1:30, 2:50, 4:05, 5:05, 6:30, 7:25, 9:10, 9:55
TRANSPORTER 3 (PG13) 7:50, 10:20
BOLT (PG) 1:40, 4:15
TWILIGHT (PG13) 1:15, 4:25, 7:15, 10:15
QUANTUM OF SOLACE (PG13) 1:20, 4:00, 6:40, 9:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:55, 3:10, 5:35
ROLE MODELS (R) 7:05, 9:40

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:35, 4:35, 7:35, 10:30
NOTHING LIKE THE HOLIDAYS (PG13) 2:15, 4:55, 7:55, 10:35
CADILLAC RECORDS (R) 2:10, 4:50, 7:45, 10:25

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
1 (888) AMC-4FUN

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) 10:45, 1:30, 4:15, 7:00, 9:45

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 11:50, 2:10, 4:45, 7:15, 9:50

SEVEN POUNDS (PG13) 10:00, 11:00, 1:50, 2:00, 4:10, 5:10, 7:10, 8:10, 10:10, 11:00
THE TALE OF DESPEREAUX (G) 11:15, 1:40, 4:20, 6:50, 9:15
YES MAN (PG13) 11:10, 1:50, 4:30, 7:30, 10:20
THE DAY THE EARTH STOOD STILL (PG13) (DV) (CC) 11:40, 2:30, 5:15, 8:00, 10:45
AUSTRALIA (PG13) 6:45, 10:25
FOUR CHRISTMASES (PG13) 11:45, 2:15, 4:40, 7:20, 9:40
TRANSPORTER 3 (PG13) 11:20, 5:20, 10:15
TWILIGHT (PG13) 10:50, 1:45, 4:50, 7:55, 10:55
QUANTUM OF SOLACE (PG13) 10:05, 12:40, 3:10, 5:40, 8:15, 10:50
MADAGASCAR: ESCAPE 2 AFRICA (PG) 10:30, 1:15, 3:45
ROLE MODELS (R) 2:45, 7:50

AMC SELECT
NOTHING LIKE THE HOLIDAYS (PG13) 11:30, 2:20, 5:00, 7:35, 10:00
CADILLAC RECORDS (R) 10:10, 12:50, 3:30, 6:00, 8:40, 11:15

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 12:35, 2:50, 5:20, 7:50, 10:15

SEVEN POUNDS (PG13) ✓ 1:05, 2:15, 4:10, 5:15, 7:10, 8:15, 10:10
YES MAN (PG13) ✓ 1:40, 4:20, 7:00, 9:45
THE DAY THE EARTH STOOD STILL (PG13) 12:45, 2:05, 3:20, 4:40, 5:55, 7:15, 8:30, 9:50
AUSTRALIA (PG13) 3:15, 6:50
FOUR CHRISTMASES (PG13) 12:30, 2:50, 5:10, 7:30, 10:00
TWILIGHT (PG13) 2:00, 4:55, 7:40, 10:35
QUANTUM OF SOLACE (PG13) 4:45, 7:20, 9:55
ROLE MODELS (R) 10:30 PM

AMC SELECT
FROST/NIXON (R) 12:50, 1:55, 3:35, 4:50, 6:30, 7:45, 9:25, 10:40
FROST/NIXON (R) (CC) 12:50, 3:35, 6:30, 9:25
SLUMDOG MILLIONAIRE (R) 1:00, 2:10, 3:50, 5:05, 6:45, 8:00, 9:40
NOTHING LIKE THE HOLIDAYS (PG13) 12:00, 2:20

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) 1:40, 4:20, 7:00, 9:45

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 12:05, 2:30, 5:00, 7:25, 10:05

SEVEN POUNDS (PG13) ✓ 12:20, 1:00, 3:20, 4:10, 6:20, 7:10, 9:30, 10:10
THE TALE OF DESPEREAUX (G) ✓ 12:30, 3:00, 5:30, 8:00, 10:20
YES MAN (PG13) ✓ 1:10, 1:50, 3:50, 4:30, 6:40, 7:20, 9:20, 10:00
THE DAY THE EARTH STOOD STILL (PG13) 12:50, 3:30, 6:15, 9:00
THE DAY THE EARTH STOOD STILL (PG13) (DV) (CC) 2:10, 4:55, 7:45, 10:15
AUSTRALIA (PG13) 6:10, 9:40
FOUR CHRISTMASES (PG13) 12:25, 2:50, 5:10, 6:45, 7:30, 9:10, 9:50
TRANSPORTER 3 (PG13) 12:10, 2:35, 5:05, 7:50, 10:15
BOLT (PG) 1:35, 4:15
TWILIGHT (PG13) 1:30, 4:25, 7:15, 10:10
QUANTUM OF SOLACE (PG13) 2:15, 4:50, 7:40, 10:25
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:15, 3:40

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:05, 4:05, 7:05, 9:55
NOTHING LIKE THE HOLIDAYS (PG13) 12:15, 2:45, 5:15, 7:55, 10:20
CADILLAC RECORDS (R) 2:00, 4:40, 7:35, 10:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

SEVEN POUNDS (PG13) ✓ 1:00, 2:00, 4:10, 5:10, 7:00, 8:00, 9:50, 10:40
YES MAN (PG13) ✓ 12:00, 1:30, 2:30, 4:00, 5:00, 6:30, 7:30, 9:00, 10:00
THE DAY THE EARTH STOOD STILL (PG13) 12:05, 2:40, 5:20, 6:50, 7:50, 9:20, 10:20
BOLT (PG) 12:10, 2:25, 4:40

AMC SELECT
MILK (R) 1:40, 4:30, 7:20, 10:10
NOTHING LIKE THE HOLIDAYS (PG13) 12:20, 2:35, 4:50, 7:10, 9:30

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

SEVEN POUNDS (PG13) 12:15, 1:15, 2:00, 3:15, 4:15, 5:00, 6:15, 7:15, 8:05, 9:15, 10:15
THE TALE OF DESPEREAUX (G) 12:05, 2:20, 4:40, 7:10, 9:40
YES MAN (PG13) 12:25, 2:55, 5:25, 7:55, 10:25
THE DAY THE EARTH STOOD STILL (PG13) 12:05, 2:35, 5:05, 7:35, 10:05
FOUR CHRISTMASES (PG13) 12:40, 3:10, 5:40, 8:10, 10:15
TRANSPORTER 3 (PG13) 12:45, 5:30
BOLT (PG) 12:20, 2:50, 5:20, 7:50
TWILIGHT (PG13) 1:00, 4:05, 7:00, 10:00
QUANTUM OF SOLACE (PG13) 10:20 PM
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:10, 2:40, 5:10
SOUL MEN (R) 3:15, 8:00, 10:20

AMC SELECT
NOTHING LIKE THE HOLIDAYS (PG13) 7:40, 10:10
CADILLAC RECORDS (R) 12:30, 3:00, 5:30, 8:00, 10:25

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:20, 7:40
I'VE LOVED YOU SO LONG (PG13) 1:35, 4:10, 7:10

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:45, 2:45, 4:30, 5:25, 7:20, 8:05
MILK (R) 1:30, 2:30, 4:15, 5:15, 7:00, 8:00
HAPPY-GO-LUCKY (R) 4:35
RACHEL GETTING MARRIED (R) 1:40, 4:25, 7:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE DAY THE EARTH STOOD STILL (PG13) 2:30, 5:10, 7:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 12:50, 3:15, 5:35, 7:55, 10:15

SEVEN POUNDS (PG13) ✓ 12:55, 1:00, 4:00, 4:10, 7:05, 9:55, 10:05
THE TALE OF DESPEREAUX (G) ✓ 12:35, 2:50, 5:10, 7:25, 9:50
YES MAN (PG13) ✓ 1:00, 3:25, 5:55, 8:30, 11:00
THE DAY THE EARTH STOOD STILL (PG13) 12:20, 1:10, 2:00, 2:55, 3:45, 4:40, 5:30, 6:30, 7:30, 8:20, 9:00, 10:00, 10:55
AUSTRALIA (PG13) 1:30, 5:00, 8:35
FOUR CHRISTMASES (PG13) 12:30, 2:45, 5:05, 7:20, 9:40
FOUR CHRISTMASES (PG13) (DV) (CC) 1:35, 4:00, 6:15, 8:35, 10:45
TRANSPORTER 3 (PG13) 7:40, 10:10
TWILIGHT (PG13) 1:20, 4:05, 7:00, 9:45
QUANTUM OF SOLACE (PG13) 12:25, 3:10, 5:40, 8:15, 10:50
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:45, 3:00, 5:20

AMC SELECT
SLUMDOG MILLIONAIRE (R) ✓ 1:15, 4:15, 7:10, 10:05
NOTHING LIKE THE HOLIDAYS (PG13) 12:40, 3:05, 5:45, 8:10, 10:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

SEVEN POUNDS (PG13) 1:45, 4:45, 7:45
THE TALE OF DESPEREAUX (G) 2:15, 4:45, 7:30
YES MAN (PG13) 1:30, 4:20, 7:00, 9:40
AUSTRALIA (PG13) (DV) (CC) 3:10, 6:50
FOUR CHRISTMASES (PG13) 2:00, 4:30, 7:20
BOLT (PG) 1:40, 4:10, 7:10
QUANTUM OF SOLACE (PG13) 2:30, 5:00, 8:00

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 3:00, 5:30, 7:50, 10:10

SEVEN POUNDS (PG13) ✓ 1:15, 2:45, 4:15, 5:40, 7:20, 8:35, 10:15
THE TALE OF DESPEREAUX (G) (DV) (CC) ✓ 1:10, 3:35, 6:00, 8:20, 10:45
YES MAN (PG13) ✓ 1:05, 2:30, 3:45, 5:10, 6:30, 7:40, 9:05, 10:05
THE DAY THE EARTH STOOD STILL (PG13) 1:00, 2:00, 3:00, 3:30, 4:30, 5:35, 6:00, 7:05, 8:00, 9:00, 9:35, 10:35
THE BOY IN THE STRIPED PAJAMAS (PG13) 1:50, 4:25, 7:00, 9:20
AUSTRALIA (PG13) 1:30, 5:00, 8:30
FOUR CHRISTMASES (PG13) 2:05, 4:10, 4:35, 6:20, 7:25, 8:40, 9:45, 10:55
BOLT (PG) 1:45
TWILIGHT (PG13) 1:20, 4:05, 7:15, 10:00
QUANTUM OF SOLACE (PG13) 1:55, 4:25, 7:00, 9:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:25, 3:40, 5:50
ROLE MODELS (R) 8:10, 10:30

AMC SELECT
SLUMDOG MILLIONAIRE (R) 2:10, 5:05, 7:55, 10:40
NOTHING LIKE THE HOLIDAYS (PG13) 1:35, 4:00, 7:10, 9:40

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

SEVEN POUNDS (PG13) 2:00, 4:45, 7:35
YES MAN (PG13) 2:15, 4:50, 7:15
THE DAY THE EARTH STOOD STILL (PG13) 2:05, 4:35, 7:40
AUSTRALIA (PG13) 2:30, 6:40
FOUR CHRISTMASES (PG13) 2:10, 4:20, 7:30

Times for Tuesday, December 23, 2008

✓-SPECIAL ENGAGEMENT No passes or discount coupons (CC) - Closed Captioning · (DV) - Descriptive Video Service

"A CAUSE FOR CELEBRATION"* THIS HOLIDAY SEASON!

WINNER ★ BEST PICTURE
BEST ACTOR SEAN PENN ★ **BEST SUPPORTING ACTOR** JOSH BROLIN
NEW YORK FILM CRITICS CIRCLE

"THE YEAR'S BEST PICTURE!"
PETER TRAVERS, ROLLING STONE

WINNER ★ BEST PICTURE
SAN FRANCISCO FILM CRITICS CIRCLE ★ SOUTHEASTERN FILM CRITICS ASSOCIATION

WINNER ★ BEST ACTOR ★ SEAN PENN
LOS ANGELES FILM CRITICS ASSOCIATION ★ SAN FRANCISCO FILM CRITICS CIRCLE ★ BOSTON SOCIETY OF FILM CRITICS ★ NEW YORK FILM CRITICS ONLINE
SOUTHEASTERN FILM CRITICS ASSOCIATION ★ HOUSTON FILM CRITICS SOCIETY ★ DALLAS-FORT WORTH FILM CRITICS ASSOCIATION ★ PHOENIX FILM CRITICS SOCIETY
ST. LOUIS FILM CRITICS ASSOCIATION ★ AUSTIN FILM CRITICS ASSOCIATION ★ ALLIANCE OF WOMEN FILM JOURNALISTS

WINNER ★ BEST DIRECTOR ★ GUS VAN SANT
SAN FRANCISCO FILM CRITICS CIRCLE ★ BOSTON SOCIETY OF FILM CRITICS

WINNER ★ BEST SUPPORTING ACTOR ★ JOSH BROLIN
NATIONAL BOARD OF REVIEW

8 CRITICS' CHOICE AWARD NOMINATIONS INCLUDING BEST PICTURE

3 SCREEN ACTORS GUILD NOMINATIONS INCLUDING BEST CAST

BASED ON THE TRUE STORY

GOLDEN GLOBE® AWARD NOMINEE BEST ACTOR SEAN PENN (DRAMA) ©HFPA

SEAN PENN
MILK

WINNER ONE OF THE YEAR'S BEST PICTURES AFI AWARDS 2008 HONORING A YEAR OF EXCELLENCE

WINNER PRODUCERS GUILD OF AMERICA STANLEY KRAMER AWARD

EMILE HIRSCH JOSH BROLIN DIEGO LUNA AND JAMES FRANCO

FROM THE DIRECTOR OF "GOOD WILL HUNTING"

FOCUS FEATURES PRESENTS IN ASSOCIATION WITH AXON FILMS A GROUNDSWELL PRODUCTION A JINKS/COHEN COMPANY PRODUCTION EXECUTIVE PRODUCERS MICHAEL LONDON DUSTIN LANCE BLACK BRUNA PAPANDREA BARBARA A. HALL WILLIAM HORBERG PRODUCED BY DAN JINKS AND BRUCE COHEN

R RESTRICTED UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN LANGUAGE, SOME SEXUAL CONTENT AND BRIEF VIOLENCE. WRITTEN BY DUSTIN LANCE BLACK SOUNDTRACK AVAILABLE ON DECCA NEVER BLEND IN DIRECTED BY GUS VAN SANT groundswell FOCUS FEATURES

*STEPHEN REBELLO, PLAYBOY **HOW DO YOU NEVER BLEND IN?** Share your story at milkthemovie.com

WASHINGTON, DC
LANDMARK THEATRES E STREET CINEMA E St & 11th St NW 202/452-7672

LANDMARK THEATRES BETHESDA ROW CINEMA 7235 Woodmont Ave 301/652-7273

MARYLAND
REGAL CINEMAS MAJESTIC STADIUM 20 900 Ellsworth Dr 301/681-2266

P&G OLD GREENBELT THEATRE 129 Centerway @ Roosevelt Cntr 301/474-9744

VIRGINIA
AMC COURTHOUSE PLAZA 8 Arlington, VA 703/998-4AMC

AMC LOEWS SHIRLINGTON 7 2772 S Randolph 800/FANDANGO #801

INDEPENDENT CINEMA ARTS THEATRE Corner of Main St & Pickett Rd 703/978-6991

NATIONAL AMUSEMENTS FAIRFAX CORNER 14: CINEMA DE LUX 11900 Palace Way 703/502-4060

SPECIAL ENGAGEMENTS NO PASSES OR DISCOUNT COUPONS ACCEPTED
CHECK THEATRE DIRECTORIES OR CALL FOR SOUND INFORMATION AND SHOWTIMES

MOBILE USERS: For Showtimes – Text MILK with your ZIP CODE to 43KIX (43549)

For group sales information, log on to www.milkthemovie.com/groupsales or please call 866-617-7175.

Place your Classified ad today. **202-334-6200**.

express
expressnightout.com

X437k 2x1

2009 Ring in the New Year at

CONGRESSIONALMOTORS

with these great deals!

MAZDANOMICS *the Event*

www.congressionalmotors.com • (800) 784-2931

0% Financing | **0** Monthly Payments For **90 Days**

Hurry! Offer ends December 31, 2008!

'09 MAZDA3 for only **$14,784**

Additional $500 Off for Owner Loyalty on MAZDA3 & MAZDASPEED3!!

VIN# JM1BK32G591199665 | STOCK# H094238

'09 MAZDA5 for only **$17,700**

Congressional Motors Special: Additional $1,000 OFF Incentive Available!

VIN# JM1CR29LX90339258 | STOCK# H094251

'09 MAZDA6

NO PAYMENT UNTIL MARCH 2009 & 2.9% APR FOR 60 MONTHS!!

VIN# 1YVHP80A195M22357 | STOCK# H094131

'08 Mazda CX-9

UP TO $9,000 OFF MSRP!!

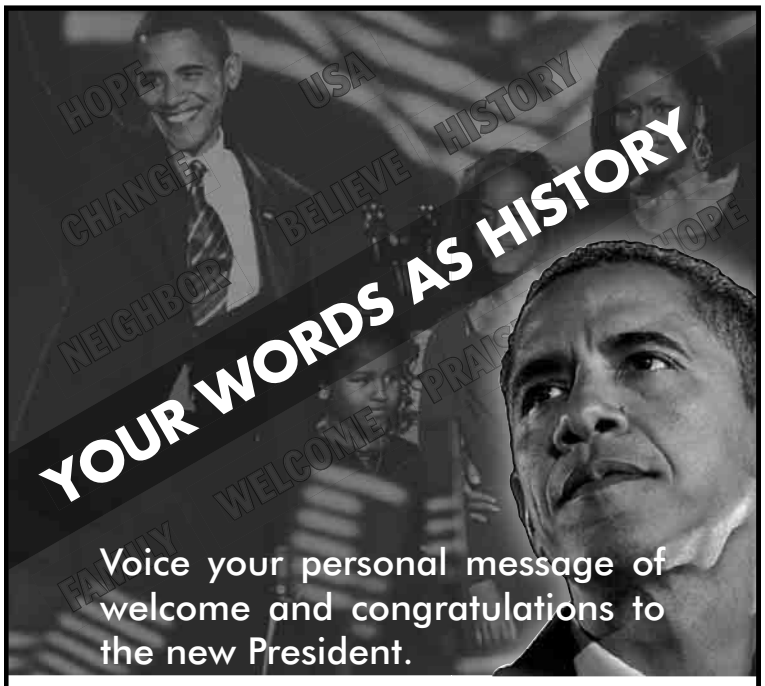
VIN# JM3TB38A280147929 | STOCK# G084636

Minutes from Tysons Corner and DC, at the intersection of Rockville Pike & Wootton Parkway, adjacent to Wintergreen Plaza. Take a Test Drive Today!

801 Rockville Pike, Rockville, MD, 20852 | M-F 9-9, Sat 9-6, Sun 12-5

Prices include all incentives plus tax, tag, freight, and processing fee. See Dealer for details.

mazda

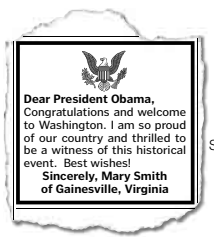


Voice your personal message of welcome and congratulations to the new President.

Don't let the historic inauguration of Barack Obama go by without expressing your own words of welcome in the pages of The Washington Post. "**Welcome to the White House**" — a special section running in the Inauguration Day issue of The Washington Post on January 20 and online at **www.washingtonpost.com/ welcome** — will publish your words on a day the generations will remember. **Be part of it!**

WELCOME TO THE WHITE HOUSE

Special Section
Inauguration Day, January 20, 2009



Sample ad

Special low rates starting as low as $10!

($5/line, 2 line minimum)

Add a decorative icon

Flag

White House

US Seal

PLACE YOUR MESSAGE BY PHONE
202-334-6200
Deadline: Friday, January 16, 6:30 p.m.

PLACE YOUR MESSAGE ONLINE
Go to washingtonpost.com/welcome
Deadline: Monday, January 19, 3 p.m.

From The Washington Post Advertising Department. Ads must be congratulatory in nature. Available to private individuals only. The Washington Post reserves the right to edit, revise or reject any notice.

The Washington Post
If you don't get it, you don't get it.

C8:39 2x12

FIVE COLORED RINGS: NBC will relive some of its finest hours of 2008 with a primetime special about the Beijing Olympics on Dec. 27. The two-hour "Beijing Olympic Opening Ceremony: TV Event of the Year" will be hosted by Bob Costas and Matt Lauer.

Television

ON TV TONIGHT

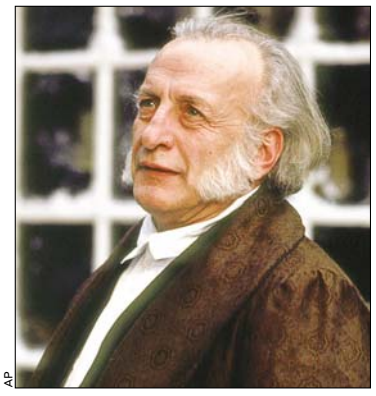
HOLIDAY CLASSIC
Bing Crosby, Danny Kaye, Vera-Ellen, Rosemary Clooney and the music of Irving Berlin star in the 1954 musical **WHITE CHRISTMAS** (6 p.m. and 9 p.m., Family).

DOWN IN WHOVILLE
A mean green miser learns a lesson or two from a little girl named Who in the animated favorite **HOW THE GRINCH STOLE CHRISTMAS** (8 p.m., ABC), narrated by Boris Karloff.

APPROPRIATE RESTING PLACE
A banker who has been murdered is discovered in a safe on **THE MENTALIST** (10 p.m., CBS).

BAH, HUMBUG!
Some consider George C. Scott's take on Ebenezer Scrooge in the 1984 made-for-TV adaptation of **A CHRISTMAS CAROL** (10:30 p.m., AMC) to be the screen's best.

MICKEY, NOT SO FINE
Jay Thomas, Mickey Rourke and Darlene Love appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).


AP

George C. Scott is perfectly grumpy Ebenezer Scrooge tonight on AMC.

HOST WITH THE CARROT TOP
Dustin Hoffman, Greg Giraldo, and Old Crow Medicine Show are booked on **LATE NIGHT WITH CONAN O'BRIEN** (12:35 a.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Good Tidings TV Brings

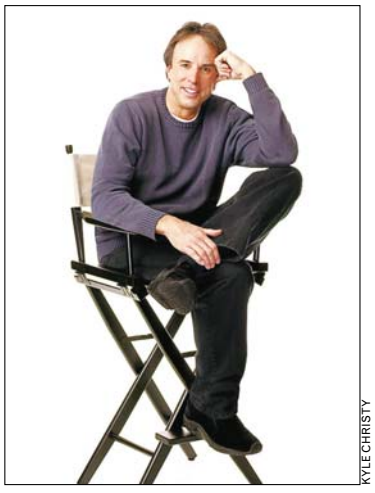
Holiday specials and 2008 wrap-ups are all the rage tonight

GOOD CHEER | Get a hanky handy as feel-good specials anticipate the big holiday.

Celebrities and just plain folks extol the joys and virtues of adoption on the 10th annual "A Home for the Holidays" (8 p.m., CBS) special, featuring performances by Faith Hill, Tim McGraw, Melissa Etheridge, Jamie Foxx and Gavin Rossdale.

Performers who gave up their childhood dreams get a second chance on the talent showcase "Rediscovered" (9 p.m., ABC) hosted by Donny and Marie Osmond.

Hosted by Australian TV personality Rove McManus, "The List" (10 p.m. ABC) glances back at the biggest, the best and most talked-about of 2008 as well as anticipating the trends and fads to look out for in 2009. Internet gossip Perez Hilton also names those celebrities who top his naughty and nice lists.


KYLE CHRISTY

Kevin Nealon hosts "Funniest Commercials of the year" tonight. Again.

Call me old fashioned, but these best-of lists generally come after Christmas and anticipate the new year. What else are we supposed to think about during that long, slow week between the holidays? For four years now, Kevin Nealon has hosted "Funniest Commercials of the Year" (10 p.m., TBS) during that programming dead zone. But this year, TBS has accelerated the schedule, and the advertising round-up airs tonight.

Impersonator Frank Caliendo gets his own holiday special, "Frank the Halls" (11 p.m., TBS), featuring his impressions of "Transformers" characters, Donald Trump, William Shatner, Chris Rock and others. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

express automobile dealers

more cars on the net
cars.com
@washingtonpost.com

Dodge

LUSTINE DODGE
WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

Ford

CASTLE FORD
SILVER SPRING, MD 1-866-369-9999
3111 AUTOMOBILE BLVD WWW.TRYCRYSTAL.COM

JERRY'S FORD
ANNANDALE, VA 703-256-5000
6510 LITTLE RIVER TURNPIKE JERRYSFORD.COM

KOONS STERLING FORD
STERLING, VA 1-888-342-7300
46869 HARRY BYRD HIGHWAY WWW.KOONS.COM

OURISMAN WORLD OF FORD
ALEXANDRIA, VA 703-660-9000
6129 RICHMOND HIGHWAY OURISMANFORD.COM

HONDA

SHEEHY HONDA
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM

HYUNDAI

BROWN'S MANASSAS HYUNDAI
MANASSAS, VA 703-361-9600
8651 CENTREVILLE ROAD MANASSASHYUNDAI.COM

INFINITI

PASSPORT INFINITI 1-888-209-7211
ALEXANDRIA, VA WWW.PASSPORTINFINITI.COM
"VA fastest growing Infiniti Dealer"

LEXUS

LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY LEXUSOFSILVERSPRING.COM

Mercedes-Benz

AMERICAN SERVICE CENTER
ARLINGTON, VA 703-284-2500
624 N. GLEBE ROAD JUSTMERCEDES.COMCOM

NISSAN

DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM

SCION

355 TOYOTA/SCION
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

TOYOTA

355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

KAY JENNINGS SPRINGFIELD TOYOTA
SPRINGFIELD, VA 703-451-0300
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM

KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

TOYOTA OF BOWIE
BOWIE, MD 301-867-1600
16700 GOVERNOR BRIDGE RD TOYOTAOFBOWIE.COM

VOLKSWAGEN

ALEXANDRIA VOLKSWAGEN
ALEXANDRIA,VA 1-888-683-3064
107 W. GLEBE ROAD WWW.ALEXANDRIAVW.COM

VOLVO

DARCARS 355 VOLVO
ROCKVILLE, MD 301-309-3900
15401 FREDERICK ROAD WWW.DARCARS.COM

USED CARS

MOORE LUXURY CARS
VIENNA,VA 703-790-0950
8595 LEESBURG PIKE MOORELUXURYCARS.COM

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.** express

X017b 5x2.5

Last-Minute Embrace

Go forth! It's your last chance to give the holiday spirit a hug

FOR MORE of our Christmas events guide, visit **Expressnightout.com**

OUT & ABOUT | With two days until Christmas, it's your last chance to embrace the holiday spirit — and no, sucking face under your mistletoe doesn't count. Not to worry, there's still plenty to be jolly about.

CRACKIN' UP ONSTAGE:
Of course there's the Ford's Theater "A Christmas Carol" production (at Lansburgh Theatre due to renovations) and the Washington Ballet's "Nutcracker" rendition (set in Georgetown with George Washington as the crunchy hero).

Looking for a less wholesome holiday play? Opt for actor Joe Brack's portrayal of David Sedaris' "Santaland Diaries" at Warehouse Theater. It's a jolly good true tale of the satiric star's job as a Macy's elf.

CAROL PRATT

What a revolution! Miss Liberty and John Paul Jones are part of "The Nutcracker."

ALL THE TRIMMINGS
Pop by the Ellipse to see the National Christmas Tree — tonight is the last of the evening music performances. Prefer gawking at a giant evergreen without the elements? Duck into the U.S. Botanic Garden's "Windows to Wonderland" exhibit, replete with a train set.

HARBORING HAPPY THOUGHTS:
You won't see Water Sking Santa's annual aquatic slalom at the Georgetown waterfront this Christmas Eve; he's moved upstream to the National Harbor. Catch him at 1 p.m. and stick around to view a holiday light show that starts at 5:30 p.m.

KRIS CORONADO (EXPRESS)

→ *Lansburgh Theater, 450 Seventh St. NW; Dec.23-26, $33-65, 202-547-1122.*
→ *Warner Theatre,13th and E Sts. NW; through Dec. 28, $29-83; 202-783-4000.*
→ *Warehouse Theater, 1017 7th St., NW; Dec. 23-24., 8 p.m., $15; 202-213-2474.*
→ *National Harbor, 137 National Plaza, National Harbor; Dec. 24, free; 703-280-1788.*
→ *The Ellipse, 1600 Constitution Ave. NW; through Jan. 1, free; 202-208-1631.*
→ *U.S. Botanic Garden, 100 Maryland Ave., SW; through Jan. 4, free; 202-225-8333.*

topstops

The 'Cats' Meow

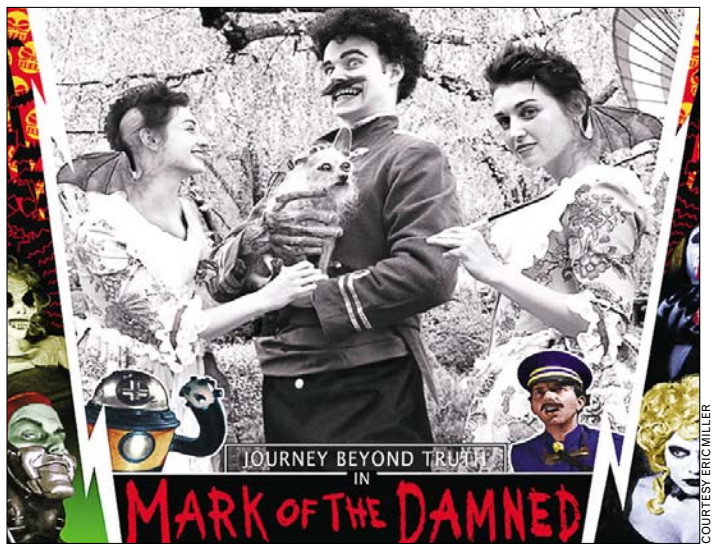
We've all had our Andrew Lloyd Webber moment. It might have been tearing up to "Music of the Night" during the "Phantom of the Opera." Or seeing Madonna belt out "Don't Cry for Me Argentina" in "Evita " (everyone has bad days). Whatever your reason — and it better not be his creepyish cameo on last season's "American Idol" — fans of the Broadway show tune mastermind will rejoice in hearing that "The Music of Andrew Lloyd Webber" debuts at the Kennedy Center Opera House tonight at 7:30 p.m. Six Broadway personalities perform his ditties with the backing of the Opera House Orchestra. K.C.

→ *Kennedy Center, 2700 F St. NW; through Jan. 4, $25-150; 202-467-4600. (Foggy Bottom-GWU)*

1 A Dose of Holiday Fear

Colors can take on many different meanings. Folks decking their halls for Christmas might see red as the cheerful hue of bows adorning holiday wreaths or the crazy getup of jolly old St. Nick. Those who attend the Washington Psychotronic Film Society's free screening of "Mark of the Damned," however, are probably more likely to associate red with the bloody result of a vampire feeding frenzy. Those who'd like a break from the holiday melee should stop by The Meeting Place tonight. K.C.

→ *The Meeting Place, 1707 L St., NW; 8 p.m., free; 202-293-7755. (Farragut North)*



COURTESY ERIC MILLER

2 Christmasy Depression

It's not quite the story you remember. Sure, "It's a Wonderful Life" is a great Christmas classic, and it remains wonderful and heart-rending, but it's also depressing and dark and sad. Sure, you'll get choked up at the end, but this is a film about a man who has never gotten, and will never get, the life he really wants. Nevertheless, AFI Silver is showing it every day through Dec. 25, so you've got plenty of chances to warp the minds of the children in your life by taking them to see it. F.Z.

→ *AFI Silver Theater, 8633 Colesville Road, Silver Spring; through Dec. 25, $6-$10; 301-495-6720. (Silver Spring)*

Compiled by Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at **expressnightout.com/topstops.**

thescene

KATIE JETT

Witness hilarious holiday awkwardness in "Seasonal Disorder."

WEDNESDAY

Gefilte Fish Gala: A Christmas Eve fete for those who won't be waiting for Santa Claus. It also serves as a fundraiser for breast cancer. K Street Lounge, 1301 K St. NW; Wed., Dec. 24, $5 suggested donation; 202-962-3933. (McPherson Square).

THURSDAY

All-Star Christmas Day Jazz Jam: In what's now a holiday tradition, local jazz greats celebrate Christmas music. Kennedy Center, 2700 F St. NW; Thu., Dec. 25, 6 p.m., free; 202-467-4600. (Foggy Bottom)

FRIDAY

"Seasonal Disorder": Washington Improv Theatre's holiday show improvises a new umcomfortable holiday scenario every night, with the help of audience suggestions. Source Theatre, 1835 14th St. NW; through Dec. 27, $15; 202-204-7770. (U St.-Cardozo)

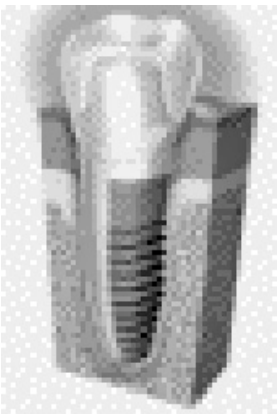
Festivus: This party serves as a stopgap between Christmas Eve and New Year's Eve. No pressure, just dancing and drinking. Eyebar, 1716 I St. NW; Fri., Dec. 26, 10 p.m., for free entry e-mail list@eyebardc.com; 202-785-0270. (Farragut West).

SATURDAY

SOJA: These heirs-to-Bob-Marley make Reggae musicially interesting again. The State Theatre, 220 N. Washington St., Falls Church; Sat., Dec. 27, 5 p.m. and 9 p.m., $20-$25; 703-237-0300.

Explore our searchable list of the area's events, venues, restaurants and movies at **expressnightout.com/thescene.**

express health directory



Dental Implants

from $987

703 299 4614
novasmiles.com

Dr. Debora B. Armellini
Diplomate, American Board of Prosthodontists

Teeth-in-an-Hour • Implants • Sedation • Laser • General • Cosmetic Veneers • Invisalign • Full Mouth Rehabilitation • Computer Guided Surgery • Crowns • Bridges • Implant Supported Dentures

RESEARCH ON **ASTHMA**

Does your child currently suffer from Asthma?

If so, your child may qualify to take part in a research study asking patients about their asthma symptoms.

In order to qualify participants must be:

- **Between 4 and 11 years of age;**
- **Be able to read and speak English fluently;**
- **Have a documented clinical diagnosis of asthma and has received care for asthma within the past 12 months.**

The study would involve 1 visit lasting approximately 1 hour. Participants will receive $50 for their time.

For more information about this study, please call **1-877-954-4252** and ask for Jay Gorman.

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

WeekendPass makes the weekend perform.

Every Thursday in Express.

XX143d 1x1.75

Place your Classified ad today.
202-334-6200.

express
expressnightout.com

Classified ads appear in Express and The Washington Post.

X437k 1x1.75

Deals & Discounts on washingtonpost.com

Post Your Health Coupons Online for $100 per month!

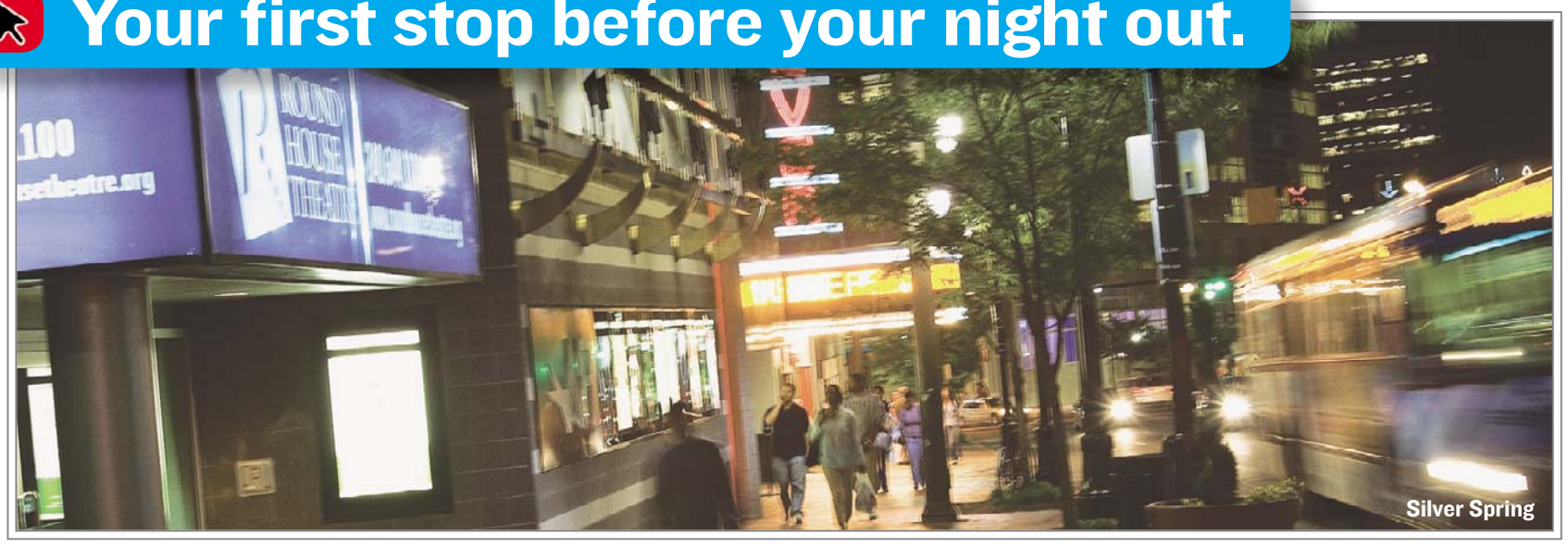
washingtonpost.com
Contact Celeste Costanza
202-334-7009
costanzac@washpost.com

ANDROMEDA TRANSCULTURAL HEALTH
1400 DECATUR STREET NW
WASHINGTON, DC 20011
Call Now! (202) 291-4707
www.andromedatransculturalhealth.org
CFC # 98881 Your Donations Make a Difference
FREE Confidential HIV Testing, & FREE SERVICES FOR PEOPLE WITH HIV!
Mental Health Counseling, Substance Abuse Counseling, Primary Care, Case Management, Nutritional Counseling

ADVERTISE
Express Health
Every Tuesday

Call Celeste Costanza
202-334-7009
costanzac@washpost.com
(Deadline every Wed., 4 PM)

Your first stop before your night out.



Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

Look for site highlights in today's Express.

XXI38C 5x5

thewashingtonballet

MARY DAY, FOUNDER SEPTIME WEBRE, ARTISTIC DIRECTOR

INNOVATIVE
ENGAGING
ADVENTUROUS

VISIT
WASHINGTONBALLET.ORG
FOR INFORMATION
ON UPCOMING EVENTS
AND PERFORMANCES.

Jonathan Jordan by Steve Vaccariello
F36 5x12

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

Reach over 280,000 readers daily

To place a classified, call **202-334-6200**

To advertise a job, call **202-334-4100**

Credit cards accepted

JOBS

CUSTOMER RELATIONS
Up to $16.00. Authorized Energy Consultant. Piece Work Compensation Guaranteed. Fun Work Environment. Advancement Oppty. Students Welcome! Call 202-558-5347

DANCERS—Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. Leave info: **240-286-3660**

DENTAL ASSISTANT/ EXPERIENCED

Single dental practitioner located walking distance from Metro seeks a dependable assistant w/ expanded functions. Excellent opportunities, benefits, & competitive salary. Please email resumes to: **dmv100@yahoo.com**

Maintenance
Groundskeeper
Large condo in PG County seeks Groundskeeper to maintain ground & support maintenance staff. Must be able to work in a fast paced environment with close attention to detail. Fax resume to 301-459-1270

MOVERS—Company in Manassas needs Packers with experience. **Call 703-369-0006!**

Sales Flooring Sales
Area's largest flooring co. in Alexandria seeks exp'd sales pro. Email resume to **cmoline@carpetcca.com**

Security Officers Full-Time
The National Gallery of Art (Washington, DC) is recruiting FT Security Officers at the GS-5 level ($31,751-$41,271/year). Full Federal government benefits. Apply here: **http://jobsearch.usajobs.opm.gov/a9nga.asp** EOE

SECURITY OFFICERS
50 immediate openings. Downtown DC . All shifts. Weekly pay, no experience necessary. Apply 9am-5pm, CES Security 8555 16th St, Ste 100, Silver Spring, MD. Call 301-608-8264.

SECURITAS

Security Officers: Unarmed
Securitas USA
Washington, DC

Starting $15.90 per hour
Metro Accessible
Apply at www.securitasjobs.com
Under "Job Location," select Washington, DC

TEACHER/COMPUTER
Elementary school located in Hillcrest Heights, MD seeks exp'd PT computer teacher. Working knowledge of computer hardware, software & website maintenance. Some teaching exp. pref'd. **To apply please fax resume to 301-894-7100.**

Travel Agents, Sales & Marketing Executives
Full & Part Time w/Health Benefits. Will Train Serious People. Base Salary Avail. Several Offices in metro Area. Call for Interview. 301-740-2758

CAREER TRAINING

Achieve a career in Massage Therapy in as few as 7 months! Call **National Massage Therapy Institute** today. 800-784-1421

Become a Massage Therapist in just 7 months!
Call National Massage Therapy Institute Today!
CTO-SCHEV
800-859-2214

Become a Nursing Assistant (CNA)
Call Dominion Academy
240-770-7774 / 202-409-6564
Enroll today
7726 Finns Lane, suite LL2
Lanham Maryland 20706
Approved by the Maryland Board of Nursing and the Maryland Higher Education Commission

Train to be a
MEDICAL ASSISTANT

Sanz since 1939
Financial Aid If You Qualify
Job Placement Assistance
Days, Eve and Weekends
Convenient Locations in DC MD VA
1(888)407-8222
Certified in VA by SCHEV

Earn Your Degree
MEDICAL ASSISTANT
SANZ 1(888) 403-5884

Learn Medical BILLING & CODING
Financial Aid if qualified
Job Placement Help
Day, Eve, Weekend
Sanz
1(877)707-4488
CTO SCHEV

CAREER TRAINING

Dudley Beauty College
Offering courses in:
• Cosmetology • Nail Tech
Financial Aid (if qualified) • Flexible Schedules
2031 Rhode Island Avenue, N.E.
Washington, DC 20018
Metro Rhode Island Avenue
202-269-3666

APRENDA INGLES
Se Habla Español
Sanz since 1939
Ayuda Financiera si califica
1(877)844-2505

SANZ since 1939
Learn **PHLEBOTOMY**
12 Weeks: **Eves, Sat** or **Sun**
1(888)461-8181

HELP FIGHT CRIME
WITH A CAREER IN CRIMINAL JUSTICE!
Train in Criminal Justice or Information System Security!
Ongoing Career Services Assistance.
Financial Aid for those who qualify.
For a Brochure, Call now!
888-791-3444
Sanford Brown College - Vienna

NEEDED:
People to **train as**
CARDIOVASCULAR TECHNICIANS!
Get training in this exciting career field and you could help save lives!
CALL NOW
888-805-2333
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

Prepare for a new life!
Make a difference, even with the little ones as a Diagnostic Medical Sonographer. Train in less time than you think!
Career services available
Financial Aid for those who qualify. Training includes an externship!
For a Brochure, call now! 888-805-2333
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

CAREER TRAINING

Quality First Career Center
Classes start soon
PHLEBOTOMY-10 WK PROGRAM
CNA 4 WK PROGRAM, CNA to GNA
PROGRAM-72 HOURS, CPR & FIRST AID
6475 New Hampshire Ave, #501
Hyattsville, MD 20783
CALL 301-270-5105
Job Placement Assis/Financial Assis Avail.
Day/Eves Classes. Approved by State of Md. Board of Nursing & Md. Higher Ed. Comm. www.qfccinc.com

TIRED OF YOUR JOB?
Train for a career you love!
You could learn: Graphic Design, Information Technology, Business Administration and more!
Call now! 888-791-3444
Sanford-Brown College
1980 Gallows Rd. Vienna, VA 22182
Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

TRAIN TO BECOME A MEDICAL ASSISTANT
IN LESS TIME THAN YOU THINK
Three locations to choose from!

Everest College Arlington Campus
801 N Quincy Street, Suite 500
Arlington, VA 22203

Everest College Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910

CALL: 888-259-5889
VA Schools are CTO SCHEV

CAREER TRAINING

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE
No high school diploma or GED? We have options!

Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy Street, Suite 500
Arlington, VA 22203
CALL: 888-249-8093
VA Schools are CTO SCHEV

TRAIN FOR A CAREER IN HOMELAND SECURITY AT EVEREST COLLEGE
Graduate in less time than you think!

Arlington Campus
801 N Quincy Street, Suite 500
Arlington, VA 22203

CALL: 888-249-8108
VA schools are CTO SCHEV

STUFF

3Pc King Pillowtop matt set. $205.New in plastic. Can deliver. 301-399-7870

6Pc Cherry Bedroom set. New in boxes. Take $450. 301-399-7870

A bed $135 Queen Pillowtop mattress set. New in plastic. Can del. 240-372-6691

BLOWOUT SALE!
Carpet $1.69 sq ft. **Hardwood** floor $5.98 sq ft. Price includes installation. **301-341-2499.**

CAREER TRAINING

LET YOUR SKILLS PAY YOUR BILLS
Learn & Earn A Computer

TLC Technical Learning Centers

MEDICAL ASSISTANT
- Medical Office Procedures
- Laboratory Procedures
- Medical Terminology
- Phlebotomy/Medical Billing
- Assisting with Surgeries
- Work at hospitals/clinics
- And More

OFFICE ADMINISTRATION
- Windows/Word/Accounting
- Excel/Powerpoint/Web Design
- And More

Morning / Afternoon / Evening
Morning classes filling quickly

Financial Aid, To Those Who Qualify, accredited by ACCET

CALL NOW!
202.223.3500
1001 Connecticut Ave., Suite 435
Conn. & K
above Farragut North
Metro

Classifieds

STUFF

Computer—$225 WinXP Laptop 301-637-0931 www.datwurks.com

Couch/Lvst $750. New in Cartons. 100% leather Chair available. 301-343-8630

DIAMOND GOLD JEWELRY—stunning white gold diamond ring 1ct center (2) .4 ct & 6 sm side stones cost $15000 IGI appraisal $14100 sell $13000; wht & yel gold 2 ckt diamond bracelet xtr links cost $3400 sell $2500; wht & yel gold .5 ckt diamond earrings cost $700 sell $500 call Pat 703-967-6188

Lost Wedding Ring Set—Left in changing room at Modern Day Spa in Tysons Corner Sat. Dec 13 2:45-3pm. Very sentimental value, $1000 Finders Fee for return, no questions asked. Joe McLean, VA, 979-492-6015

MATT $115 full sz set new in plastic.Can del. 240-372-6691

The Last Mattress Ad That You'll Ever Read all szs, $59-$279/Basic, Serta. Warr. DC/MD/VA Del. A.J. 301-674-2843 **www.mattress4less.biz**

WORLDS BEST COFFEE SELECTION AT AFFORDABLE PRICES!
250 Fresh Roasted Coffees—Greencastle Coffee Roasters, Greencastle, Pa. 1 1/2 hrs. west of DC, 10 minutes north of Hagerstown, Md. I81 Pa. Exit 5, west 6 blocks. OPEN 7 DAYS! greencastlecoffee.com
We also ship worldwide!

PETS

ADOPT A CAT/KITTEN VET CHECKED
Call Feline Foundation.
703-920-8665 www.ffgw.org

CANE CORSO PUPPIES—For sale. Serious inquiries only. 4Fs, 2Ms. Call 301.922.5526

MIXED BREED PUPS—small to medium, shots/wormed, $100* $150* & $200*. Call 540-955-1841

POODLE PUPS, Tiny Toy—AKC,Red, White, Choc. M/F. Home raised. $400-$600. Call Today **434-384-9289 dhenson672@aol.com for pix.**

Puppies For Sale— www.wvpuppy.com Bostons, Yorkies, Yorkie Poos, Maltese, Chihuahuas, Pugs, Puggles & more. $100 off w/ad. 38 Needy Rd Martinsburg WV 25405. Sat & Sun. Dec. 27 & 28, 11-7. 304-820-3262 # NF12

Sheltie Pups—AKC Shetland Sheepdogs, Vet Checked, Shots & Wormed, Lovable, Crate Trained, Can hold until Xmas, $550-$600, 443-536-5533

SHIH TZU PUPS—Adorable. Looking for a good home for Christmas. M/F, black & white and brown & black. 8 wks.$350. 703-501-9921 **# NFNP**

SIBERIAN HUSKY PUPS AKC, black/white and gray/white and all white, blue eyes, $500. **540-877-1567 timreissig@yahoo.com # NFZR**

Yorkie—$700.00, price not nego.4 months,male, 301-318-1887,photo on line

YORKIE — Downsizing beaut Adults & Pups. All shots. M/F. AKC lines See Pix online $600+. 540-894-5333. **# NF1L**

YORKSHIRE TERRIER PUPPIES—Christmas Yorkies for sale. AKC, Ms & Fs, champ line, all szs. Kathy, 301.868.6071 **# NZ2X**

RENTALS

1,2,3 & 4BR Apts Avail in NE & SE — starting at $1100. Sect 8 welc. Utils not incl. All locations nr Metro & Other attractions (202) 265-1850.

1 BR Apt - $900
Takoma Park
Avail. January, call Kathy:
301-585-3750 (TTY 1-800-735-2258)
Equal Housing Opportunity

BRAND NEW APARTMENTS
NOW LEASING

Studios from	$1,349
One Bedrooms from	$1,599
Two Bedrooms from	$2,299

TheVatCityVista.com
866.402.8676
THE V CITY VISTA
KETTLER.com
On Select apartments. Restrictions may apply.

ADELPHI

UNDER NEW MANAGEMENT!!!
Newly Renovated Apt Homes

BEST VALUE IN THIS AREA!
CALL AND ASK ABOUT OUR RENOVATION SPECIALS!

Hurry! These Rent Specials Are For A Limited Time Only
Arbor Vista
877-208-7955
www.arborvistahomes.com
9408 Adelphi Road
Adelphi, MD 20783
Hours: M-F 9-6 Sat 10-5 Sun 12-4
*Call for Details.

Alexandria
Kings Gardens
Apartment Homes
Check out our 1 Bedroom Apartments
City convenience with suburban charm
6 Spacious floorplans
- Huge Walk-In Closets
- Water, Gas, Parking Included!
- Clothes Care Center in Each Building
- Walk to restaurants, shopping and Huntington Metro
- All Credit Considered!

703.765.6733
6300 SOUTH KINGS HIGHWAY
kingsgardens.net
A Southern Management Community

Alexandria - Fairfax County—$1800, 2 br, 3 ba, 1 1/2ba, 3 Fls, 6511 Brick Hearth Court, Alexandria, VA, DW, porch-patio, Nr Pub Transp, WD, Fplc, 301-272-5828

ALEXANDRIA
Incredible 2 BRs avail for immed occupancy!

Call today…
We've got a SURPRISE for you!!$$

$0 App Fee/All Utilities Included!

Metro/Bus Stop/395/495
Fitness Center/Club Room
Controlled Access/Cats Allowed

Landmark Ridge
703-370-2180
Landmarkridge.com
SOUTHERN MANAGEMENT CORPORATION

Annandale/Fairfax-2BR,1.5BA renovated condo all utils incld. $1450 **RE/MAX Xecutex 703-927-6802 WWW.PurvisForService.com**

Arlington, VA EHO
Now Accepting Applications For 2009 Move Ins!

1brs from $1037
2brs from $1239
3brs from $1420

Brand New building w/ easy access to Shirlington Village & I-395
Handicapped Accessible Apts.
Housing Grants & Section 8
Housing Choice Vouchers accepted

Max Annual Income Limits
At 50%: 1BR $39,350 2BR $49,200
At 60%: 1BR $39,350 2BR $59,040

The Shelton
703-684-0866
Mon-Friday 1pm-5pm/Saturday 9am-3pm

Brentwood—$1250, 1 br+den, 1 ba in NE, DC. Newly Ren, WD in unit, Central Air. Sec. 8 OK, 202-270-3538

Brookland—DC/MD, Hms/Rms for rent 1/18-1/24. Conv. to Inaugural Site, Public Trans. Call 301-352-6133

Bryans Road- 4br, 2.5ba SFH, backs to woods, on a cul-de-sac, eat-in kitc. & deck. $2150/m OR $365K. O/A **soldbysharon@comcast.net 240-832-1326**

Capitol Hill—$1800, large, 1 br Furn, newly renov.w/d 208-571-1906

BLADENSBURG EHO
STOP THE SLEIGH!
FREE RENT
'TIL February 2009!*
1 & 2 Bedrooms from $799
- Spacious floorplans
- Controlled access
- Walk in Closets

The Phoenix
866-807 0429
5802 Annapolis Rd, Bladensburg, Md.
www.phoenixaptsmd.com
*ON SELECT APTS

CAPITOL HEIGHTS
An Early Christmas Gift!
2 Months Free Rent
1 & 2 BRs starting at $865!
- Newly renovated kitchens
- Individually controlled A/C &heat
- New insulated windows
- Community center
- Playgrounds
- Near Metrorail,Metrobus and major highways

Highland Ridge Apartments
888-240-4569
• EHO *must move in by Dec. 15

DALE CITY—4BR, 2full/2half BA, 3 lvls, 1 add'l rm, designated prkg. $1525+dep. 703.343.0733.

Fort Totten Remod. Effcy. Walk to Metro. OSP. w/w carpet. cac. Secure building. laundry avail. Utils incl $930/mo. Avail immed. **240-832- 2553**

Germantown—Townhouse, $1100, 2br, deck, parking, 240-413-3279; photos: www.mdhits.com

FORESTVILLE,MD. EHO
Why Look Anywhere Else?
2 BRs from $1050
Plus One Month **FREE !**
$99 Deposit*
- **Large floor plans**
- **Lots of closets**
- **Minutes to Suitland and Branch Ave. Metro locations**
- **Minutes to DC, I-495**
- **Convenient Penn. Ave. location**

Penn Mar
888-291-5635
***for q ualified applicants**

FORT WASHINGTON EHO
Holiday Treat
Free Rent thru Jan. 31st

5% DISCOUNT FOR
Military & Government Employees!

- Spacious Renovated homes
- Washer/Dryer in each unit
- Wall to Wall Carpet
- Dishwasher
- Central A/C & Heating
- Fitness Center, Pool & Party room
- PETS WELCOME!

CALL TODAY!
866-652-4957
Hours: M-F 8:30am-5:30PM Sat 10:00-5:30PM

Herndon—New 3BR 2.5ba TH,bsmt, dck,fpl,garag, accMtrobus,Shops,toll Rd, WrldGate $1850,703-932-6757

MD
Courts of Camp Springs
Holiday Special!
$99 moves you in! Rent Specials
1BR $799, 2BR Flats $875 & 2BR Duplexes $950
Move in with just a Security Deposit*!!!!
Newly Renovated Community & Huge Flr. Plans
5% DISCOUNT FOR GOVERNMENT,
COUNTY & MILITARY PERSONNEL • CONVENIENT TO METRO
5327 Carswell Avenue • Suitland, MD 20746
1-877-468-2151
Text 'WCS6' to #30364 for instant info & Photos
www.thecourtsofcampsprings.com

*Limited time on select units. William C. Smith & Co.

Oxon Hill, MD
$99 SECURITY DEPOSIT*
$100 OFF/MONTH*

1 br's from $801
2 br's from low $900's
2 br's + den from low $1,000's
3 br's + 1.5 BA from upper $1,000's

- Controlled access
- **Metro bus stops here**
- Eat-in kitchens w/ breakfast bars
- Unexpectedly large living rooms
- Minutes to National Harbor

Fox Hills North
888-467-0886
**Call for details. Move in by 12/31/08.*
1108 Kennebec St
gradymgt.com
GRADY MANAGEMENT, INC. Exceptional People. Exceptional Communities.

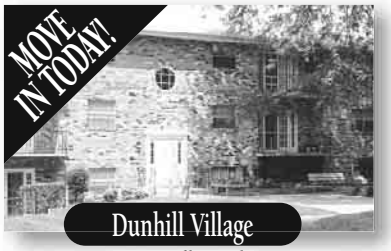
Silver Spring, MD
DRIVE LESS, ENJOY MORE

Eff's from low $900's
1 br's from upper $1,000's
2 br's from upper $1,100's
3 br's from upper $1,400's

- **2 Blocks to Metro**
- Parkland Setting
- Picnic & Play Areas
- Plush Wall-to-Wall Carpeting
- Close to Shopping
- Community Swim Club

Glenmont Forest
888-709-1873
2386 Glenmont Cir
gradymgt.com
GRADY MANAGEMENT, INC. Exceptional People. Exceptional Communities.

Forestville, MD
FREE RENT IN JANUARY*
$99 SECURITY DEPOSIT*

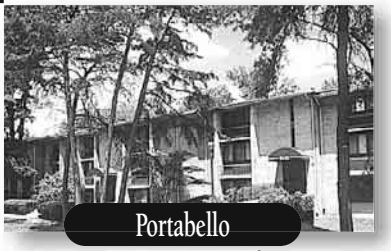


1 br's $980
1 br's + den from low $1,100's
2br's from upper $1,100's

- **Minutes from Suitland Metro**
- Grand sized apartment homes
- Separate dining area
- French doors open to covered balcony or terrace
- Near Walker Mill Regional Park - trails, tennis
- Community pool, play area and tot lot

Dunhill Village
866-798-4530
**Move in by 1/15/09.*
5815 Marlboro Pike
gradymgt.com
GRADY MANAGEMENT, INC. Exceptional People. Exceptional Communities.

Oxon Hill, MD
$99 SECURITY DEPOSIT*
1ST MO. FREE*



1 br's from mid $900's
2 br's from low $1,200's
2 br's + den from low $1,300's
3 br townes from low $1,500's

- **Full size Washers and Dryers***
- Elementary & H.S. next to Community
- Metro bus at your door
- Individual alarm systems
- Wall-to-Wall carpet
- Select Apts/heat included

Portabello
888-464-7329
**Select Apts. Move in by 12/31/08.*
6441 Livingston Road
gradymgt.com
GRADY MANAGEMENT, INC. Exceptional People. Exceptional Communities.

Rockville, MD
PERFECTLY NATURALLY BEAUTIFUL
END OF YEAR SPECIAL*

Eff's from upper $900's
1 br's from mid $1,000's
2 br's from mid $1,200's
3 br's from mid $1,400's

- ***2 Blocks to Metro**
- Picnic & play areas
- Bordered by Rock Creek Park
- Award Winning Maint. & Mgt. Team
- Garden & mid-rise apartments
- Community Lodge & Private Pool

Halpine View
888-709-9842
**Select Apts. Call for details.*
13013 Crookston La
gradymgt.com
GRADY MANAGEMENT, INC. Exceptional People. Exceptional Communities.

Classifieds

RENTALS

GAITHERSBURG/1/2 mile fr. Rte. 270 EHO

NEWLY RENOVATED
WASHER/DRYER IN EACH APT

UP TO **2 Months Free***
2 BRS from $1350

- Ride on Bus at community entrance
- Fitness center and clubhouse
- Pet Friendly
- MORE!

GROVE PARK
CALL 866-441-3309
www.grovepark-apts.com
750 Clopper Rd.

GREENBELT

EMPIRIAN VILLAGE
Within Walking Distance to Metro
1 MONTH FREE!
ALL CREDIT CONSIDERED

Spacious 1,2,3,4 BR Apt. Homes

Rents Start @$869
$99 Security Deposit
Foreclosure Applicants Welcome
5 Minute Pre-Approval

Your Prorate Will Be Waived If you Move in Before 12/31/08
966-513-7965

Hyattsville

$0 Application Fee
Newly Remodeled
1 & 2 Bedroom Apartments

- Gated Community Next to Shuttle UM Stop
- Dogs and Cats are Welcome
- Graduate Student Utilities Package
- Hardwood Floors
- 24-Hour Emergency Maintenance
- 30-Day Satisfaction Guarantee
- Short-Term Leases With No Fees

Campus Gardens
(301) 434-4982
2200 Phelps Road, Hyattsville, MD 20783
campusgardens.com

SOUTHERN MANAGEMENT CORPORATION

GREENBELT EHO

The Hanover
Come "Warm" up in a "*Cool*" place to live....
ALL UTILITIES INCLUDED

*Great Holiday Deals! ***You could win..***
Up to Two Months Rent Free*!
32" Flat Screen TV and more...!

- Washer/Dryer! Balcony or Patio!
- Fitness Center & Olympic Size Pool
- Pet Friendly! Close to Metro & Shopping!
- Minutes from 495 and 295!

Visit your new home today!
7232 Hanover Pkwy. Greenbelt, Md. 20770
Call (866) 580-0965
*Restrictions may apply.

HYATTSVILLE

CONVENIENT TO METRO!

1 & 2 Bedroom Apartments

Lovely Setting
Nr. the New ARTS DISTRICT
Close to Shopping

CASTLE MANOR

Call TODAY! 301/927-8339

HYATTSVILLE Green Line Metro

Walk to Metro, parks & Community center.

Bus F-6 & 13 at your door.

Rosa Parks Elementary School across the street.

2 bedrooms available from $895.
Se habla español!
888-735-6478

HYATTSVILLE

SPECIAL

1 BRs Apartments starting from $605 and up!

We also have 2 & 3 BRs!

Close to Public Transportation and Shopping Centers.

CALL NOW
301-277-6610

HYATTSVILLE EHO

Minutes to DC!
1 & 2 BRs fr $940

- Kitchens with modern appliances
- Separate dining room
- Private balcony or patio
- Small pets welcome
- Minutes to B/W Parkway, Metro and downtown DC
- Fitness Center & Business Center Coming Soon!

866-906-6392
3421 55th Avenue
Hyattsville, MD 20784

*on select apartments; ask for details

LANDOVER HILLS

$99 SECURITY DEPOSIT*
1,2,3 BRs from $995

- Renovated apartments
- Washer/Dryer in each apartment
- Wall-to-wall carpet
- Convenient to highways & shops
- Brand New Fitness Center
- Monitored alarm systems

CHESAPEAKE LANDING
(888) 219-3519
7509 Buchanan Street
*ask for details

LANHAM/SEABROOK eho

Extra Holiday Cash!
2 MONTHS FREE!*
Starting at $995

- Washer/Dryer in Every Apartment
- Kitchen Pantry & Dishwasher
- Large Floorplans
- Spacious Closets
- Convenient to Metro, I-495 & Bltwy
- Large Pets Welcome

The Glendale
(888) 878-8371

www.theglendaleapts.com
- *On select apts; call for details

LARGO/NEW CARROLLTON Spacious 3BR/2BA w/d. deck, w2w crpt. ES/HS nrby. $1650+util. 301-322-1977

Manassas

Colonial Village Apartments
1, 2 & 3 Bedroom Apartments
Recently Renovated:

Pets are accepted

Near to VRE and the OMNI Link Bus
Close to Shopping Mall

$1000 OFF YOUR RENT!
No application fee with credit approval.

•Large apartments • Spacious closets • High Speed Internet • near to recreational facility • near to Shopping Center, Rt. 28, Rt. 234. I66 & I-95.• 2 blocks from the Virginia train.

Hours: Monday-Friday: 8:30 am to 5 pm
Saturday: 10:00 am to 3:00 pm • Closed Sundays

NE- from $700 - CARVER TERR. EAST - 1&2 br all UTILS INCLD! 21st & Md Ave btwn Hechinger Mall & Nat'l Arboretum - X8 bus stop. **202-737-1690**

NE EHO

JETU APARTMENTS
869 21st St

1 BR $745

FREE UTILITIES!!

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

877-814-0692
William C. Smith & Co.
www.wcsmith.com

Newly Renovated Apartments
Look Here!!!
Month and 1/2
Free Rent
1 bedroom from $895
2 bedrooms from $999
3 bedrooms from $1,195

- Wall to Wall Carpet
- Parking included
- Close to the new Washington Harbor & Shopping Centers
- Convenient to Key Bridge, Easy Access to 495
- Bus Stop at the Entrance of the Community
- We are a pet friendly community!

CALL TODAY!
877-644-5313
Hours: Mon-Fri 9-6PM; Sat 10-5PM; Sun 12-PM
* On Selected Units/restrictions applies

NORTHEAST EHO

Comfort-Convenience--
AFFORDABLE!

COME CHECK US OUT!

FORT CHAPLIN PARK
One Block from Metro
FREE off-street parking
Landscaped courtyards
1 & 2 BR apts/3BR townhomes
5% DISCOUNT TO ALL METRO & DC GOV'T EMPLOYEES

CALL TOLL FREE 877-269-4216
4212 East Capital St N.E.
Housing Choice Vouchers Welcome where rents are within voucher limits

---

NW— Shr TH. Furn'd Bsmtl, pvt entr, BA, N/S, N/P. $750, utils incl., dep $500. Call 202.234.5764

NW

Eddystone
1301 Vermont Ave., NW
888-432-0683

EFF From $1372
1BR From $1724

- In Dupont Circle
- Beautiful Brick Building
- Spacious Apartments
- Renovated Kitchens
- Hardwood Floors
- On-site Laundry Facility
- Walk to Metro

William C. Smith & Co./EHO
www.wcsmith.com

NW

The Whitelaw
1839 13th St., NW
202-409-3130

2 BR $995

- Beautiful Historic Building Located Near the U St. Corridor
- Maximum Income Qualifications
- Call today to Set Up an Appointment

William C. Smith & Co./EHO
www.wcsmith.com

Queensland—$1400.00, 2 br, 1 ba, 1 Fls, 7224 Havre Turn, Upper Marlboro, MD, cats, deck, WW Carpet, WD, Eat-in-Kitchen, small dogs allowed, parking, 240-778-5038

RENT to Own Homes all credit types accepted
Free Seminar to MD/DC/VA Residents
1-800-246-1663

RIVERDALE- Studio, 1 & 2 BR from $750. Patio/Balc, D/W, Lndry Rm, walk-in clst, pkng, plygrd, nr Metro.
Delwin Realty **301-577-7917**

Rockville EHO

Rocklin Park
708 Lenmore Ave.
Rockville, MD 20852
301-294-9448

2 BRs from $995

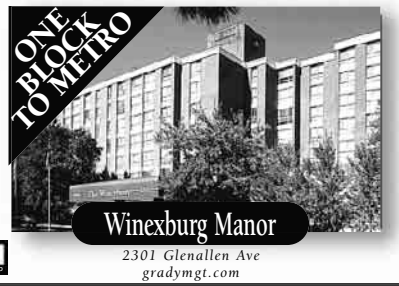
- Great Location
- Remodeled kitchens
- Wall to wall carpet
- Walk to Metro
- On Metro Bus route
- Convenient to shopping and dining

William C. Smith & Co./EHO
www.wcsmith.com

Silver Spring, MD

FREE GAS, ELECTRIC, WATER*

END OF YEAR SPECIAL*



Eff's from low $1,000's
1 br's from low $1,100's
2 br's from upper $1,300's

- **Washer and dryer included***
- Fitness & Aerobics Center
- Luxury garden and mid-rise apts
- Eat-in kitchens in garden apts.
- Huge balconies or patios
- Pool & 2 level Sundeck
- Cats welcome

888-711-5167
**Select Apts. Call for details.*
2301 Glenallen Ave
gradymgt.com
GRADY MANAGEMENT, INC. *Exceptional People. Exceptional Communities.*
EQUAL HOUSING OPPORTUNITY

FAIRFAX

GET AWAY FROM IT ALL...EVERY DAY!!

Vienna Park
Apartment Homes

- 1, 2, 3 Bedrooms Available!
- Different Style Floor Plans
- Student, Teacher & Military Discount
- Minutes from Tyson's Corner

CALL US TODAY! **877.771.2065**

212 Cedar Lane, Vienna • southernmanagement.com
A SOUTHERN MANAGEMENT COMPANY
EQUAL HOUSING OPPORTUNITY

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

Parkview Gardens

888-251-1872
6400 Riverdale Road • Riverdale, MD 20737
GATED COMMUNITY
Beautiful Kitchens - Granite Countertops

Call now for our FANTASTIC SPECIALS

- **Fitness Center on Property**
- **Beautiful Kitchens-Granite Countertops****
- **Washer/Dryer****
- **Outdoor & Indoor Pools**
- **Free 6 week summer camp**

*Call for details
**Select Units

Riverdale Village
800-767-2189
5409 Riverdale Road • Riverdale, MD 20781

- **Roomy, Modern Apts**
- **Private Balconies/Patios**
- **Free 6 week summer camp**
- **Cathedral ceiling *select units**
- **1, 2, & 3 BR AVAILABLE.**
- **HUGE 2 BR TOWNHOMES**

CALL NOW FOR OUR FANTASTIC SPECIALS

LANDOVER

Kings Square Apartments
877-898-6958
3402 Dodge Park Road • Landover, MD 20785

- **FREE UTILITIES**
- **Walk to Metro**
- **Walk to Elementary School**
- **Daycare on Premises**
- **Free 6 week summer camp**
- **Security Deposit payment plan (call for details)**

CALL NOW FOR OUR FANTASTIC SPECIALS

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!
EQUAL HOUSING OPPORTUNITY

Classifieds

RENTALS

SE EHO
Meadowbrook Run
One Month's Free Rent*
2BR Special
- **Free Application Process with this ad**
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE
877-819-3121
William C. Smith & Co.
www.wcsmith.com
*Call for Details

SE EHO
Meadowbrook Run
Enter A Drawing To Win One Month's Free Rent*
1BR from $685
2BR Special
- **Free Application Process with this ad**
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE
877-819-3121
William C. Smith & Co.
www.wcsmith.com
*Call for Details

SE EHO
Cedar Heights
1510 Butler St., SE
866-765-3761
FREE Month's Rent*
2BR from $845
- **Free Application Process**
- Controlled Access
- Laundry Facilities on Site
- Spacious Floor Plans & Closet Space

William C. Smith & Co.
www.wcsmith.com
*Callfor details.

SE
Elsinore Courtyard
Spacious 1, 2 & 3 BR remod. apts. Near Capital Heights Metro Station & area schools. Income Restrictions apply. Starting at $765 + utilities. For more info call **202-581-3687**. Ask for Tanya.

SE
ALEXANDER GARDENS
1615 17th St., SE
Washington DC 20020
1-866-654-5604
1BR from $675
- Refinished hardwood floors
- Wood grain cabinets
- Individually controlled heat and A/C
- Resident Controlled Access

William C. Smith & Co./EHO
www.wcsmith.com

SE EHO
WOW! GREAT DEAL
1 Bedrooms $724
Renovated
Wall to wall carpet
Intercom Entry
Laundry rooms in every buildings
River Hill Apartments
(202) 562-5060
2942 2nd Street SE
Near Bolling AFB
Professionally Managed by
CIH Properties, Inc.

SE EHO
GARDEN VILLAGE
FREE Month's Rent!
- **1 Brs from $725***
- Upgraded Units w/ Stainless Steel Appliances
- Next to the New IHOP & Super GIANT
- **FREE** Heat & **FREE** Metro Shuttle
- **FREE** Off-Street Parking
- Boys & Girls Club at THEARC
- Office Hours Daily 8-5, Wed 8-7, Sat 9-2

866-286-2476
www.villagesofparklands.com
1720 Trenton Pl., SE
Washington, DC 20020
William C. Smith & Co.
- *Call For Details

SE-Newly renov. 1BR apt, family owned & run, $800/mo. Call for info 301-440-4984

SE-Renv. furn. rooms, all util incl, free cbl. $150/wk.**Call 301-440-4984**

SOUTHWEST, DC
EXCELLENT & EXCEPTIONAL

Capitol Park Plaza
All Utilities Included
STUDIOS $900
201 I Street, SW, Washington, DC 20024
1.888.207.7025
M - F 9am-6pm, Sat. 10am-5pm, Sun. By Appt. Only
www.capitolparkplaza.com
Edgewood
- Balconies with Great Views
- Gated Community
- Large Walk-in Closets
- Fitness Center
- Individually Controlled A/C
- Covered Garage Parking
- All New Kitchen Cabinets
- Walk to Downtown, Waterfront, Metro, Shopping, Restaurants
- Small Pets Welcome

Limited Availability, Restrictions Apply *On Selected Units
EQUAL HOUSING OPPORTUNITY

NOW LEASING newly renovated apartment homes
LIFE to the fullest.
AMBERLEIGH
AMBERLEIGHAPTS.COM
- NEW FITNESS CENTER & RESORT-INSPIRED POOL
- WIFI HOT SPOTS THROUGHOUT COMMUNITY
- PET-FRIENDLY ENVIRONMENT
- EASY ACCESS TO I-66, I-495 & METRO
- GOVERNMENT & MILITARY DISCOUNTS
- **ALL UTILITIES INCLUDED**

8301 ANDERSON DRIVE ⁝ FAIRFAX, VA 22031 ⁝ 866.372.9706

SE
1 & 2 Bedrooms from $750
- Great location in a park-like setting
- Gas, hot water & heat included.
- Laundry facility on property.
- Intercom access to every bldg.

Banneker Place Apts.
Call for Specials
(202) 584-1688
Professional Mgmt. by CIH Properties

SE
1-MONTH FREE*
1 BRs from $805/2 BRs from $960
App. Fee Waived*
Fully renovated
Walk-in closet/ W/W carpet
FORT STANTON APARTMENTS
202-678-3888
1535 Morris Rd.
Open M-F. 10-4pm
* ask for details
HB Horning Brothers
Horning Brothers welcomes Housing Choice Vouchers where rental amounts are within voucher limits

SE
New Horizon
2619 Naylor Road
866-654-5604
HOLIDAY SPECIAL
1 BR $675
½ Off 1st Month's Rent!*
Great Location...
Great Apartment...
Great Price!
William C. Smith & Co./EHO
www.wcsmith.com
*Must move in by 1/1/09.

SE
New Horizon
2619 Naylor Road
866-654-5604
HOLIDAY SPECIAL
1 BR $675
½ Off 1st Month's Rent!*
Great Location...
Great Apartment...
Great Price!
William C. Smith & Co./EHO
www.wcsmith.com
*Must move in by 1/1/09.

SE
Shipley Park Apartments
2523 Savannah St., SE
Washington DC 20020
888-286-7195
1 BR Special $745
- Newly Renovated Apartment Homes
- Hardwood Floors
- Oak Kitchen Cabinets w/ Breakfast Bar
- Microwave, Dishwasher, Garbage Disposal
- Controlled Access
- Central Heat & A/C
- Laundry Facilities
- FREE Shuttle Bus
- Near THEARC

William C. Smith & Co./EHO
www.wcsmith.com

SE/The New Anacostia
Spacious, Well Designed
Effcy, 1 and 2 Bedroom Apts.
UTILITIES INCLUDED
THE BEST VIEW IN THE CITY!
MARBURY PLAZA
Minutes from VA, Downtown DC,395 & Metro
24-Hour Maintenance Service
2300 Good Hope Rd. SE
888-798-1916
(call for specials)
www.beaconmanagement.com

LANDOVER
Maple Ridge
888-583-3045
2252 Brightseat Road • Landover, MD 20785
- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

Call now for our FANTASTIC SPECIALS

OXON HILL
Colonial Village
888-583-3047
908 Marcy Ave. • Oxon HIll, MD 20745
- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT FANTASTIC SPECIALS

LANDOVER HILLS
Calvert Hall Apartments
877-203-6036
3817 64th Ave. • Landover Hills, MD 20784
- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Free app fee w/this ad

1st MONTH FREE

HYATTSVILLE
Fletchers Field Apartments
866-805-0782
5249 Kenilworth Ave. • Hyattsville, MD 20781
- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

CALL NOW FOR OUR FANTASTIC SPECIALS

HYATTSVILLE
Fleetwood Village Apts
866-315-8849
721 Chillum Road • Hyattsville, MD 20783
- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

CALL NOW FOR OUR FANTASTIC SPECIALS!

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!
EQUAL HOUSING OPPORTUNITY

SE EHO
Not Just Another Pretty Place
Experience the Difference
Call 202-574-2200
Luxury 1 & 2 BRs from $784/mo
A Gated Community w/ Controlled Access & Enclosed Parking
$0 security deposit
Qualified applicants only
$0 appl. fee
limited time offer
Oxon Run Manor
4th & Miss. Ave.

SE EHO
WORTHINGTON WOODS
4419 3rd Street S.E.
888-790-1840
Holiday Special
1 BR from $625
- **FREE HEAT**
- **TOTALLY RENOVATED PROPERTY**
- New Kitchens & Bathrooms
- New Playgrounds
- Laundry Facilities On-Site
- On-site Parking
- Adjacent to 295, 395 & the Capital Beltway
- Metrobus stop on site

William C. Smith & Co./EHO
- **www.wcsmith.com**

SE
Rockburne Estates
2627 Jasper St., SE
877-302-1029
1BR Flats $705
- Spacious Floor Plans
- Central A/C
- Dishwasher
- Wall to Wall Carpeting
- Private Balcony or Patio
- Controlled Entry System
- Laundry Facilities On-Site
- 24 Hour Maintenance
- Close to Shopping, Dining & Metro

William C. Smith & Co./EHO
www.wcsmith.com

Silver Spring- Spacious 2BRs w/large living areas. Wlkg distance to Takoma Park shopping center K6/16 bus line at your door! Playground free pkng, water gas & utilities, clean & friendly community. December rent special. $1050.00.
301-439-9056 or 202-528-9137

Silver Spring - HUD home! 4 BR, 2 BA only $238/mo! (4% down, 30 years at 8%) For Listings 800-585-3617 x.1543

SILVER SPRING
Happy Holidays-Happy Wallet!
1-BRs from $999
2-BRs from $1099
- 24-Hr. Fitness Center
- Washer and dryer in every apartment
- Sunny eat-in breakfast nook
- Convenient public transportation

ASHFORD at WOODLAKE
14175 Castle Boulevard
Silver Spring, Md. 20904
(877) 678-8539
www.ashfordatwoodlake.com
- *Call for details.

Silver Spring
WRAP UP YOUR SEARCH FOR A NEW HOME!
1-BRs from $999
2-BRs from $1099
- New Appliances
- New Cabinets
- New Clubhouse,fitness & business center
- New Management

Woodvale
(866) 522-5427
- *call for details

The Washington Post washingtonpost.com

MEGA Jobs

SUNDAY, JANUARY 11!

Also featured in "Express" from January 12-16 and in "El Tiempo Latino" on January 16th.

LOOKING FOR A NEW JOB?
YOUR JOB SEARCH IS ALMOST OVER!

Get The Washington Post MEGA Jobs edition on Sunday, January 11th. It's our biggest Jobs section of the year with **THOUSANDS** of new job listings from the area's **most prominent companies!**

BROUGHT TO YOU BY NJVC Driven By Your Mission.

J660 5x12

DC scout

www.dcscout.com
DC'S BEST SHOPPING, STYLE & DEALS

ATTENTION EXPRESS READERS!

Be the first to know where it's chic to shop and what's cool to wear with the DC Scout newsletter! **Get FREE tips and updates Tuesdays & Thursdays in your e-mail inbox.**

- Latest fashion trends
- Beauty tips
- Hot deals and discounts
- Expert shopping advice
- Local shopping events

Don't miss out! Sign up for DC Scout today at **www.dcscout.com**!

washingtonpost.com

W374 5x12

Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Winslet, Leo back together on screen | 34

Blog Log: Shutter shades are ridiculous | 32

Discussions: Wilbon on the NFL, hockey | 32

Food

Bakers create cakes using ingredients cited in Bible verses

Spoons and bowls and baking pans and ... a Bible?

Most modern bakers probably don't associate The Good Book with pulling together a batch of their favorite treats, but during the late 1800s some Christians began using scripture as a code for turning recipes into riddles.

"This was a cutesy way of letting people know that they knew their Bible. If you knew it off the top of your head, you felt proud of yourself," says Joan Houston Hall, chief editor of the "Dictionary of American Regional English."

Recipes for so-called scripture cake fell out of popularity by the mid-1900s, but recently have enjoyed a revival among faith-based youth groups and parents looking to use the kitchen as another conduit to faith.

> "One of the beauties of these recipes is that they are a great way to force my students to ... interpret the Hebrew Bible."
>
> **MICHAEL TWITTY**, TEACHER

"Since I teach Hebrew School, one of the beauties of these recipes is that they are a great way to force my students to ... interpret the Hebrew Bible," says Michael Twitty, culinary historian and teacher at the Temple Beth Ami religious school in Rockville, Md. "This year I'm teaching Torah to the seventh graders again, and it makes it fun for them because otherwise they would have no interest whatsoever in picking up the world's best-seller."

Recipes can be found online on sites such as MormonChic.com and at numerous recipe sites. Some youth ministry groups even set up races between groups to see who can decipher and bake the ingredients first.

"It is very fun to do," says Evelyn Birge Vitz, author of faith-based cookbook "A Continual Feast." She enjoys not only the riddle of making the cake, but also comparing recipes to find different passages that refer to the same ingredients.

Scripture recipes call for ingredients by citing passages from the Bible; the cook has to determine which ingredient each passage refers to. For example, two cups of Jeremiah 6:20 is one way of calling for two cups of sugar.

Not obvious? It works because the twentieth verse of the sixth chapter of the Book of Jeremiah includes a reference to "the sweet cane from a far country."

Some ingredients aren't quite so clear. Amos 4:5 calls for "leaven," often interpreted as baking powder. Other passages leave even more room for interpretation.

"In the Second Book of Chronicles, it calls for spices in the general sense. So, you can use nutmeg and cinnamon, or make it more gingery," says Evelyn Birge Vitz, author of the faith-based cookbook "A Continual Feast."

Despite some claims that scripture baking dates to colonial times, most historians trace it to the late 1800s. Recipes first appeared in church cookbooks and later in mainstream publications, including a Good Housekeeping cookbook.

Recipes varied slightly — as did the Bible passages — but in general, they produced a basic cake seasoned with spices and dried fruit, such as raisins and figs. Sometimes it was served with Burnt Jeremiah (Sugar) Syrup.

"In the 1880s, there was this explosion of cake making. There were a lot of cakes named after historical figures, or 'tipsy' cake, made with as much white wine as the cake would absorb. Scripture Cake is in that period between 1880 and 1910, when there were just loads of cake recipes," says Kathleen Fitzgerald, co-author of "America's Founding Food."

It's a concept that is easily adapted for most baked goods. The Bible has numerous references to sugar, flour, eggs, spices, milk, honey and other common ingredients.

And which Bible you use generally doesn't matter, though some versions may not have your key word. Several versions of the Bible can be searched simultaneously on the Internet. MARIA NOEL GROVES (AP)

PHOTOS BY LARRY CROWE/AP

PIECE OF CAKE: Scripture cake, which is made with ingredients cited in the Bible, is becoming popular among modern bakers.

Inspired Recipes

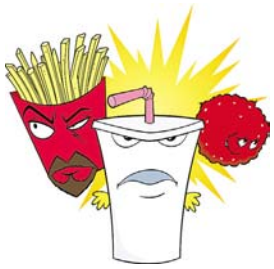
The Bible has numerous references to common baking ingredients such as spices.

Look out Online

express nightout >> EXPRESSNIGHTOUT.COM

DVD REVIEW

Rattled and Rolled



The sixth volume of "Aqua Teen Hunger Force" is out, and it's full of irreverent, screwball comedy and fab guest stars such as Neko Case and David Cross. But the star is self-absorbed Force member Master Shake. Rudi Greenberg names Shake's five most ridiculous moments on the DVD. | COMING UP

FOOD & DRINK

Grub and Grubs

D.C. has had a lot on its plate in 2008. Now, Robyn Mincher digests it with the super-duper, highly unofficial, stab-in-the-educated-guess-dark "2008 DC Food Awards," highlighting what went on behind what we are putting in our mouths. See if you agree with her, and add your own two cents. | COMING UP

TELEVISION

In the 'Zone'

The SciFi Channel will show its annual New Year's Twilight Zone marathon from 8 a.m. Dec. 31 to 4:30 a.m. Jan. 2, and the series will celebrate its 50th anniversary in 2009. That's inspired Afton Lorraine Woodward to name the top five most iconic episodes of the show. | COMING UP

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

HAVE RETAILERS' HOLIDAY SALES PERSUADED YOU TO BUY MORE GIFTS THAN YOU ANTICIPATED?

NO 80% | **YES** 20%

"I know more than a few people who spent more than they should have, just because there were sales going on. It's called common sense, people. Don't buy stuff you can't afford."

COMMENTER JENN, RESPONDING TO MONDAY'S POLL CENTER QUESTION: "HAVE RETAILERS HOLIDAY SALES PERSUADED YOU TO BUY MORE GIFTS THAN YOU ANTICIPATED?"

"Retailers can advertise until they're blue in the face. If I don't have money, I don't have money."

COMMENTER JAMIE S., WHO ADDED, "I FEEL LIKE A TOTAL SCHMUCK, BUT I'M RE-GIFTING THINGS THIS YEAR. TOTAL. SCHMUCK."

"I am giving gift cards so people can save time and money. Now they have the freedom to buy things as they need them and no more returning items."

COMMENTER ANOTHER PERSON, WHO ADDED, "FOR THOSE CLOSE TO ME, I GAVE MORE. HAPPY HOLIDAYS EVERYONE!"

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"I made a new rule: No getting out of bed until it is at least 20 degrees — hence I wasn't at work until 10 a.m. [Monday]."

HISSTORY1.BLOGSPOT.COM TOOK HIS TIME GETTING TO WORK AFTER HEARING THE WEATHERMAN'S FRIGID FORECAST ON TELEVISION, WHICH CALLED FOR 30 MPH WINDS IN THE AREA.

GETTY IMAGES

"Warning to trendsters: If you [wear] these for any extended period of time, you will go blind. They offer no UV protection."

SKUNKGAL.COM HAS SOME THOUGHTS ON THE FASHION POPULARIZED BY RAPPER KANYE WEST, ADDING, "SHUTTER SHADES ARE AS STUPID AS TRUCKER HATS. MAYBE STUPIDER."

"By no means is this a blow to Chief of Police Cathy Lanier. I am a huge fan of her work in the District. However, this is a blow to the District for poor planning and money management."

LIVINGINTHEDISTRICT.COM DOES NOT UNDERSTAND WHY, WHEN FACED WITH A SHORTAGE OF OFFICERS FOR THE INAUGURATION, D.C. POLICE WENT TO LOS ANGELES FOR HELP INSTEAD OF NEW YORK CITY.

"ALL [WE] TALKED about [was] how the cliche is that D.C. is a transient city, but it really isn't transient, it just seems that way to the transients [themselves.]"

DCALEX.BLOGSPOT.COM THINKS ABOUT THE SOMETIMES ILL-DEFINED NATURE OF LIFE IN D.C., AFTER GOING TO A CHRISTMAS PARTY AND RUNNING INTO "A GIRL WHO DID [HER] HAIR ONCE; AND A GUY WHOM [SHE] HADN'T SEEN SINCE HIGH SCHOOL."

Discussions

Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday to talk about Sunday's Redskins/Eagles game, the Winter Classic at Wrigley Field and what his young son won't be wearing on Christmas morning.

The last play of the Eagles/Skins game was great football. Two teams playing for everything and three guys just fighting for the last inch. A great play to watch.

That was a great play, the Redskins stopping the Eagles inches short, and it was a nice appetizer for the main course of Giants-Panthers, which I think is the best game of the season so far.

Isn't it time for Washington media to get over the Wizards and Redskins and start focusing more on the Capitals?

Yes, yes, yes. Now, keep in mind, you can't MAKE people care about a sport they don't care about. But the Redskins are done and the only question that matters about the Wizards is when is Gilbert Arenas coming back and what will he look like. At 4-21 their season is over.

Any chance you'll be at this year's Winter Classic at Wrigley? As a native Chicagoan, your take on having two of the original six teams in the friendly confines would be great.

I love the whole idea of it. I wish the game was at Soldier Field instead of Wrigley. Soldier Field would be a MUCH better venue, to me. There's no ivy on the walls of Wrigley in January. And the shape of the field makes it less attractive, to me, than Soldier Field would have been. Still, I'm glad they're playing it and it will give a lot of attention to the NHL.

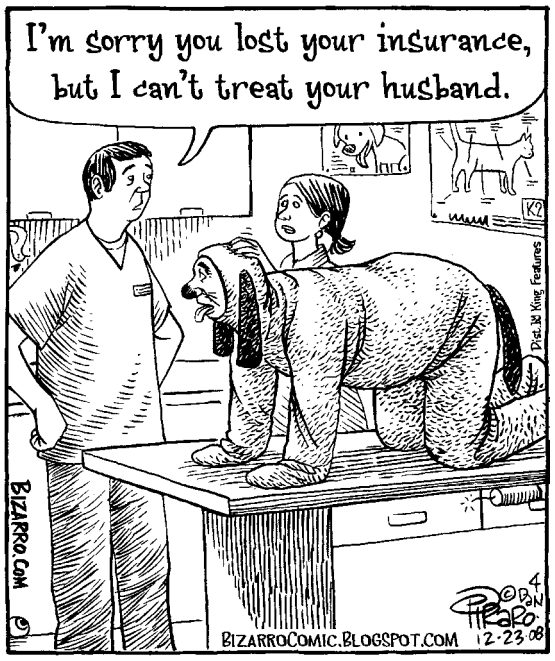
What did you get the baby for Christmas? What Chicago team jersey was he wearing when he had his photo taken with Santa Claus?

No jersey-wearing for the Christmas photo, but he'll have every team's jersey by the beginning of March, I promise you that. He's only going to be nine months old on Christmas Day, though, so he's not going to know what all the fuss and celebration are about, so he's not going to be unwrapping a lot of presents.

TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | **washingtonpost.com/discussions.**

Look out

Bizarro | *Dan Piraro*

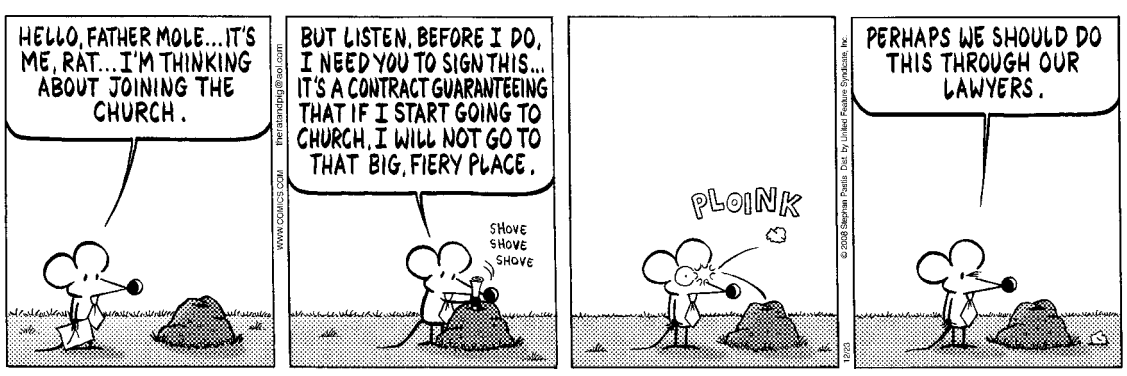


Cornered | *Mike Baldwin*

"The 'class clown' thing is my fault. I totally misjudged the crowd."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) A chance encounter leads you into something you might call an adventure if the stakes weren't quite so high.

AQUARIUS (Jan. 20-Feb. 18) A little exploration can result in you having more to work with than expected. Progress can be swift, but avoid playing games.

PISCES (Feb. 19-March 20) Someone is eager to know what you're up to. Can you keep a secret? Success depends on surprise at this time.

ARIES (March 21-April 19) Take the time to learn more about your surroundings. You can't expect to walk into a situation anew and have what it takes to win.

TAURUS (April 20-May 20) No matter how independent you may feel, someone out there is looking over your shoulder and is ready to offer needed guidance.

GEMINI (May 21-June 20) You're changing plans and coming up with a new idea that can please others more than expected. It's a busy time, but you're on the ball.

CANCER (June 21-July 22) You may find that you're the one others turn rely on to straighten things out at the last minute. Don't be the fall guy, however.

LEO (July 23-Aug. 22) Now is no time to leave things to chance. You're going to want to be sure that things happen strictly according to a well-ordered plan.

VIRGO (Aug. 23-Sept. 22) A rendezvous of sorts late in the day may be the start of something you can't quite comprehend at first. Are you ready to make changes?

LIBRA (Sept. 23-Oct. 22) You're sure to have a lot to say about what goes on around you, but resist the temptation to wield hands-on control.

SCORPIO (Oct. 23-Nov. 21) Concentrate on the desires of others and you'll know what you have to do to win the day when the time comes.

SAGITTARIUS (Nov. 22-Dec. 21) You may have to be more forceful with those in your charge than you had anticipated. Don't behave inappropriately.

Letters

In Defense of Warren Pick

WHILE I APPRECIATE that many in the Democratic Party and activist groups may be disappointed with Obama's choice of Rick Warren to deliver the invocation at the inauguration ("Obama Defends Pastor Choice for Invocation," Dec. 19) due to his views on gay marriage and abortion, I must say that I am disappointed by their reaction. I am a gay male and a Christian. Gay activists do not speak for me when it comes to their views on social policy. Obama is creating cross-political ties, something that the Democrats failed to do years before, which alienated millions of Christian Americans who then felt the need to vote Republican.

—RICK HUEBNER
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1783 George Washington resigns as commander in chief of the Continental Army and retires to his home at Mount Vernon, Va.

1788 Maryland passes an act to cede an area "not exceeding ten miles square" for the seat of the national government; about two-thirds of the area became the District of Columbia

1823 The poem "Account of a Visit from St. Nicholas" is published anonymously in the Troy (N.Y.) Sentinel; the verse, more popularly known as "'Twas the Night Before Christmas," was later attributed to Clement C. Moore

1968 Eighty two crew members of the U.S. intelligence ship Pueblo are released by North Korea, 11 months after they had been captured.

2003 A jury in Chesapeake, Va., sentences teen sniper Lee Boyd Malvo to life in prison, sparing him the death penalty.

2008 Britain's Queen Elizabeth II launches her own special Royal Channel on YouTube

PostPoints DAILY CODE WV

Look out | People

CHRIS PIZZELLO/AP

"Back off, or my assistant'll arrest you!"

REALIZATIONS

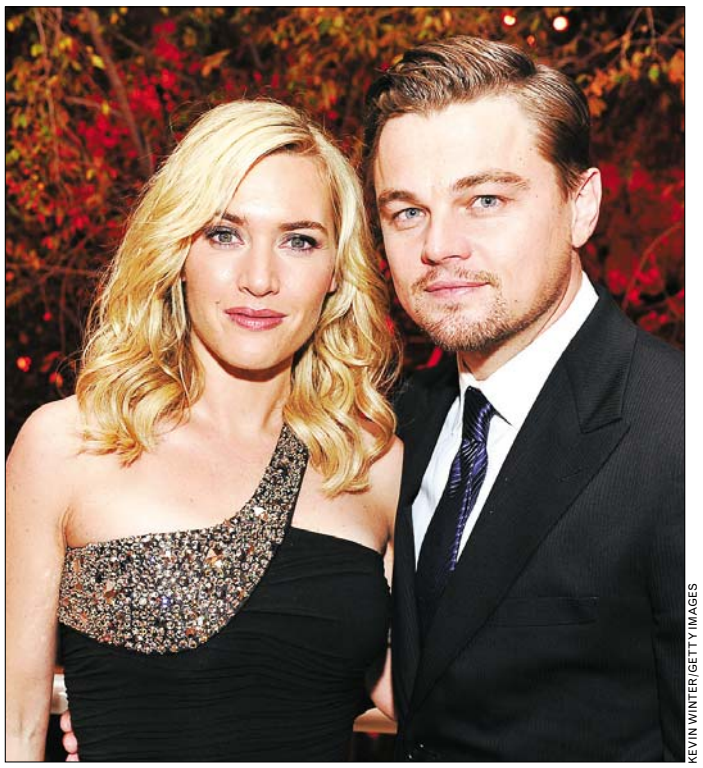
Kirsten Dunst Is Tough to Stalk Without Super Powers

A judge in Los Angeles on Monday ordered a 25-year-old man to stay away from actress **KIRSTEN DUNST**, her personal assistant and any place they work. The man was arrested by Dunst's assistant last month after trespassing at her house. (AP)

MOVING ON

Rich? Check. Hot? Check. Jury's Still Out on Crazy

GUY RITCHIE, fresh off his divorce from Madonna, has been spending time with millionaire heiress Jemima Khan, the New York Daily News reports. Khan was once reportedly romantically linked to Hugh Grant. (EXPRESS)



KEVIN WINTER/GETTY IMAGES

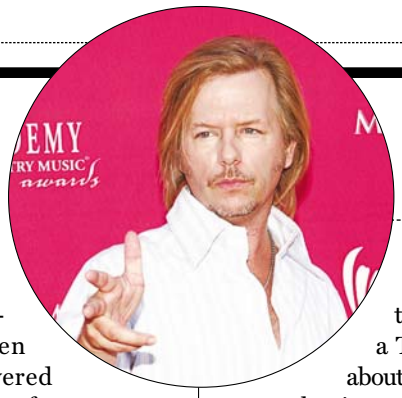
YAWN

Pretty People Fight

That pesky iceberg kept **LEONARDO DICAPRIO** and **KATE WINSLET** from growing into an old married couple in "Titanic." But they get to test-drive a rocky long-term relationship in their upcoming film, "Revolutionary Road." It was a challenge for the pair, who are close chums."People would say, 'Oh my gosh, you guys are such good friends. Did you ever, like, fight?' And we really would have to stop and think about it and realize that we hadn't," Winslet said. (AP)

FIREARMS

Spade's Masculinity Briefly Not Questioned



David Spade's guns aren't funny, either.

The Phoenix Police Department has gotten some high-powered goodies courtesy of actor **DAVID SPADE**. The onetime Phoenix resident donated $100,000 so that the department can buy approximately 50 AR-15 rifles. Spade said he wanted to make the donation after seeing a TV news report about Phoenix officers having to buy their own rifles. "These guys need to be able to do their jobs and I am just happy I could help," Spade said in a statement released by his publicist. (AP)

DO-GOODERY

Celebs Stump for Adoption

JAMIE FOXX, Faith Hill and Keyshia Cole hope to help children find homes for the holidays. Speaking backstage last month after filming their appearances for the CBS special "A Home for the Holidays," Foxx, Hill and Cole shared how they coped with being adopted and why they performed for the show, which offers a mix of musical entertainment and information about child adoption. (AP)

LAW

Ink Drying on Last Headlines Connecting Trial, 'Sopranos'

A former "Sopranos" actor has been cleared of second-degree murder in the 2005 shooting death of an off-duty police officer. **LILLO BRANCATO** was convicted of a lesser charge of attempted burglary. He faces a minimum of three years in prison, and could get credit for time served. (AP)

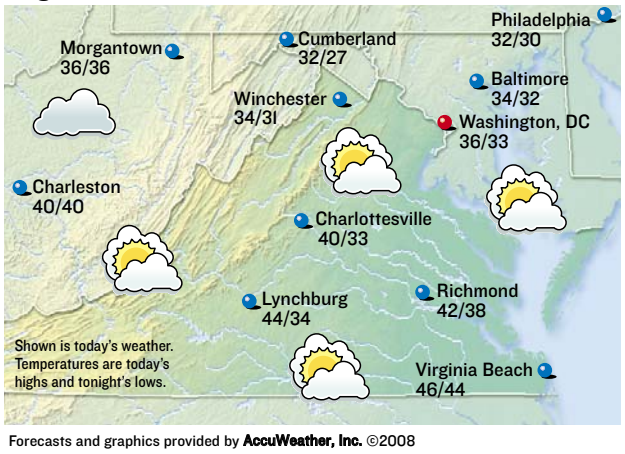
AP

Guess he just plays a murderer on TV.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mostly cloudy, shower late	Cloudy, rainy, milder	Mostly cloudy	Cloudy, showers possible	Cloudy, rainy, breezy, warmer
36°	33°	54° / 45°	53° / 38°	52° / 49°	63° / 47°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	28°
Low	16°
Normal high	45°
Normal low	31°
Average humidity	35%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.93"
Normal month to date	2.15"
Year to date	46.45"
Last year to date	31.50"
Normal year to date	38.56"

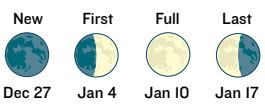
For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

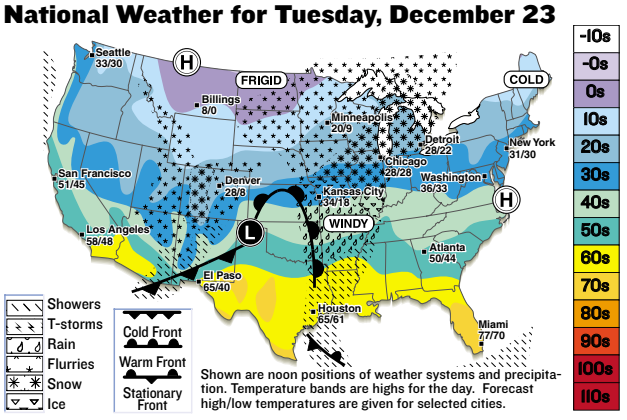
D.C. Metro: Today, partly sunny. High 36. Wind south 4-8 mph. Tonight, mostly cloudy, a shower. Low 33. Wind south-southwest 10-20 mph.

Sun and Moon

Sunrise today	7:24 a.m.
Sunset tonight	4:51 p.m.
Moonrise today	4:06 a.m.
Moonset today	1:48 p.m.



National Weather for Tuesday, December 23



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	50/44/pc	62/54/c
Boston	30/30/s	51/37/sn
Chicago	28/28/sn	37/20/sn
Dallas	60/54/sh	62/40/pc
Denver	28/8/sn	33/14/pc
Honolulu	80/71/pc	81/70/s
Los Angeles	58/48/pc	58/50/r
Miami	77/70/s	79/69/pc
New York City	31/30/s	48/41/r
Orlando	73/58/s	81/61/s
Seattle	33/30/pc	38/32/sn

World Cities

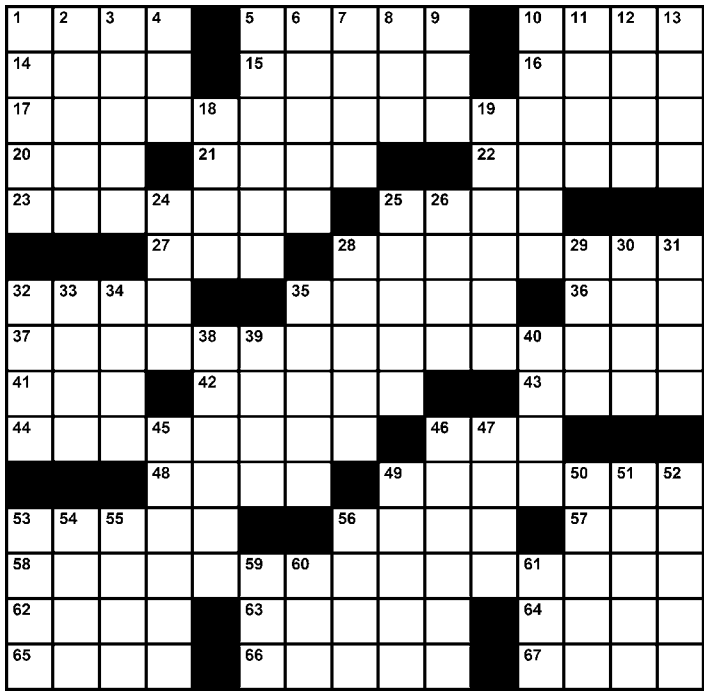
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	49/40/c	46/38/c
Athens	54/43/s	48/37/pc
Berlin	37/27/s	34/27/pc
Buenos Aires	82/68/pc	88/70/s
Calgary	8/-11/s	9/-4/c
Dublin	52/41/pc	52/39/s
Geneva	48/32/s	49/32/s
Moscow	23/19/sn	25/21/sf
Rome	57/41/s	53/39/pc
Sydney	84/68/t	74/64/c
Tokyo	50/41/pc	57/43/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Look out

CROSSWORD | BEATING THE BUSHES

EDITED BY TIMOTHY E. PARKER



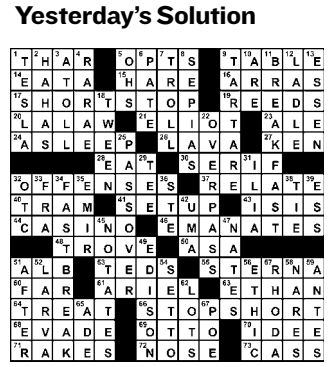
ACROSS

1 "And now, the ___ of the story"
5 It joins the Rhone at Lyon
10 Buckle alternative
14 Bone near the humerus
15 Base in values
16 "B.C." abode
17 Beats the bushes
20 Demonstration missile
21 Kind of wave
22 Like noble gases
23 Buddy and binary
25 Cry of greed
27 Brutal ending?
28 Red Riding Hood's hero
32 First felon
35 Photo finish?
36 Made a fast stop?
37 Beats the bushes
41 Japanese Prime Minister Hirobumi
42 Death's partner?
43 Chalet locale, perhaps
44 Called forth
46 Lush surroundings?
48 They may be offensive
49 Some kitchen utensils
53 Statistical diagram
56 Drop ___ (skydiver's target)
57 Filbert, for one
58 Beats the bushes
62 Queen before George I
63 Panorama
64 Augury
65 Shepherd's purse, e.g.
66 Gone from the table
67 Lamb-and-pita sandwich

DOWN

1 Artful dodges
2 Melancholy verse
3 Progress impeders
4 Cigarette substance
5 Plot deviously
6 Fields of endeavor
7 Hops kiln
8 Code- breaking org.
9 Night school subj.
10 Bakery goodies
11 Approach to the altar
12 Assert with confidence
13 Smart-mouthed
18 Word in many Parisian restaurant names
19 Hal of "Barney Miller"
24 Add a little color to
25 They're drawn to the flame
26 Modicum
28 Carried on, as a war
29 Orange Julius locale, often
30 In a superior position to
31 It's breaking, at times
32 Stylish
33 Mobile leader?
34 Break ___ (interrupt)
35 Combines
38 Jackie Chan's repertoire
39 Brain-busting
40 Fix a toe, perhaps
45 Sun-dried, as beef
46 Storied lumberjack
47 All over again
49 Specialty
50 Nemesis
51 Enticing sort
52 Dictator's aide
53 Feline weapon
54 Sharpen
55 Top-notch
56 Piquancy
59 Morn's counterpart
60 Routing term
61 Glutton

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		3	9					
	9		7	8			4	
				4	1			5
		6					5	1
	3	5				7	2	
7	2					3		
3			8	2				
	4			6	3		8	
					9	6		

Yesterday's Solution

9	1	4	6	8	7	2	5	3
6	2	8	9	3	5	1	4	7
7	5	3	1	4	2	8	9	6
3	4	2	8	6	1	5	7	9
5	9	6	7	2	4	3	1	8
8	7	1	3	5	9	6	2	4
1	6	5	4	9	8	7	3	2
4	3	7	2	1	6	9	8	5
2	8	9	5	7	3	4	6	1

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | WEB SITE EDITOR—GREG BARBER ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—KATE GIBBS, MATT SWENSON | ARTS EDITOR—ARION BERGER FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT, BETSY LOWTHER, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL DESIGN—MARCIA HARDER | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200

Certified Audit CAC of Circulations

CELEBRATE NEW YEAR'S EVE AT THE GREEN TURTLE!

New Year's Eve Party Details

- Drink Specials
- DJ
- Party Favors
- Champagne Toast
- No Cover Charge

the Greene Turtle. VERIZON CENTER
Meet you at the Turtle.

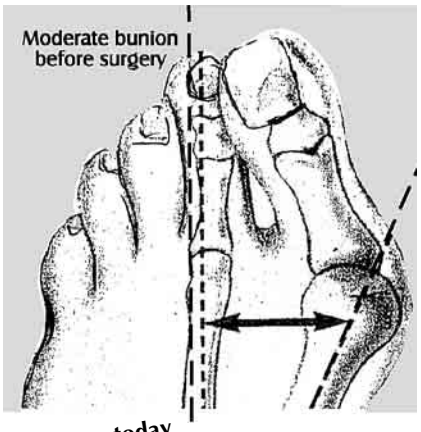
Visit our web site for details

601 F Street, NW | 202-637-8889 | www.thegreeneturtle.com

BOTHERED BY BUNIONS?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gotlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



If you qualify for this study you will receive:

- Surgery at no charge
- Financial compensation
- Lab work at no charge
- Study-related visits at no charge

Chesapeake Research Group CRG

Contact us today to learn more!

410-761-0118

Email: info@crgmd.com • www.chesapeakeresearchgroup.com

This week in the express nightout Newsletter

express nightout.com

Sign up for the expressnightout.com e-newsletter, and some great information and opportunities to win tickets will be coming to your inbox this week.

Free tickets available for:

- Madame Tussaud's Wax Museum
- 9:30 Club
- Solly's Tavern

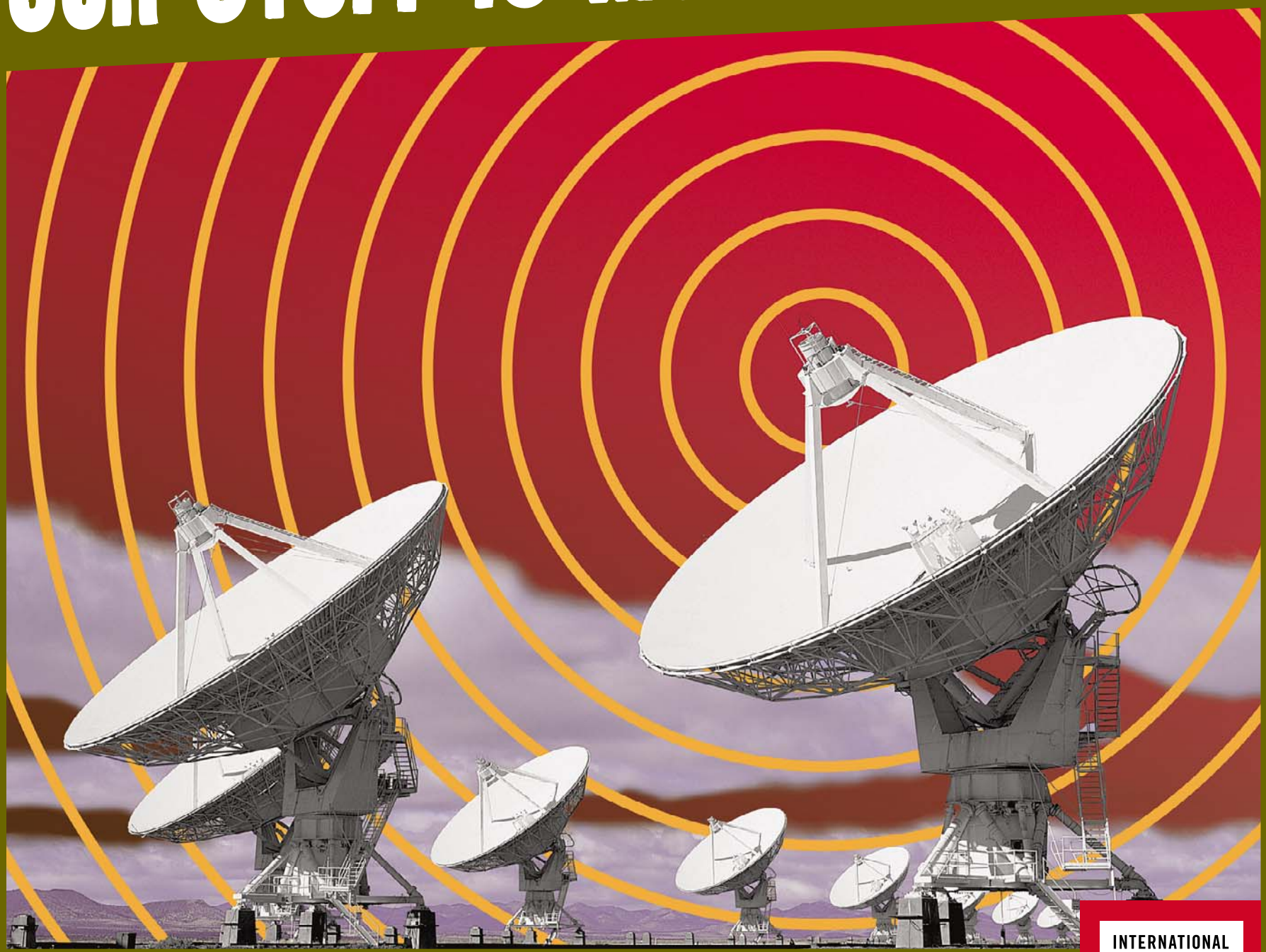
FREE ExpressNightOut.com T-shirts!
Plus, you'll get the editor's top picks for the best way to spend your evenings out.

To start receiving this weekly entertainment newsletter and chances to win, visit www.expressnightout.com and click on the "Sign Up Now" Newsletter button with the martini icon.

Concerts, movies, events, restaurants and more.

XX539 2x5

OTHER MUSEUMS CONTAIN DONATED TREASURES.
OUR STUFF IS MOSTLY STOLEN.



STOLEN IDENTITIES. STOLEN GOVERNMENT SECRETS. STOLEN CODES AND SIGNALS. TAKE THE ULTIMATE TEST: OPERATION SPY, WHERE YOU ARE THE SPY. JUST BE CAREFUL, WE CAN HEAR YOU.

INTERNATIONAL SPY MUSEUM®

THE WORD "MUSEUM" IS JUST A COVER. 800 F STREET, NW, WASHINGTON, DC SPYMUSEUM.ORG

©2008 The House on F Street, LLC All rights reserved.

fit

Break the old rules of working out to buff up your bod E5

It's a stocking feat! Tights and hose now blast cellulite and moisturize legs E6

Spread the news — peanut butter is a good diet food E5

express | EXPRESS[illegible]T.COM [illegible], NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | DECEMBER 23, 2008

forever young

TURN BACK THE CLOCK BY EATING BETTER AND GETTING MORE EXERCISE E7

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Getting to the Root of Why You Worry

Q My life is going amazingly well right now, and it's completely freaking me out. I got into the graduate program of my choice, I have a fantastic and stable job and I am dating a wonderful, handsome, responsible man who loves me. We are moving in together and discussing marriage. But the happier I get, the more paranoid I become. I've always had problems with anxiety, and the easier things are, the worse my anxiety gets. I'll become fixated on something terrible happening to my boyfriend or my parents. I can't enjoy the happiness I've discovered because I refuse to believe it's real. It really affects my day to day life by keeping me awake a night, for instance. I am sick of it but I don't know how to control it. —WORRIER IN WASHINGTON

I'm afraid I have the worst news ever. You just won PowerBall!

"Donald, I love you and I'm very happy. Please leave."

ERIC REECE

The inability to fully appreciate what you have, without being haunted by fears that soon you won't have it, is a common anxiety symptom. You make this connection, but the other parts of the puzzle — why you've come to think and feel this way, and how you can fight it — are of bigger importance.

Is it that you don't feel you deserve to be happy? Is it that you had the rug pulled out from under you in the past and learned never to trust contentedness? Or — allow me to put on my glasses — are you hypersensitive to threat cues and tend to exaggerate all the risks in the world?

A good cognitive-behavioral therapist can help you in combatting these thoughts by challenging them in the moment and teaching you to recognize the unconscious ways that you're perpetuating this negativity.

"Learned Optimism," by Martin Seligman, might also be quite helpful in the battle to break this chain.

Know When To Let It All Out

Q My aunt was just diagnosed with the early stages of a terminal cancer. Since my dad passed a year ago, she is the only relative of his that I have left. We are very close, but I am an emotional wreck. I know she wants me to be strong, but I cry at the drop of a hat. I am prepping myself for the worst, but my mom says as long as the doctors are caring for her, she should be "OK" for a while. It has been a roller coaster of emotions for my family, and we won't know anything for certain until early March. How do I keep my composure around my aunt until then? —ANONYMOUS

I am so sorry to hear about both of the blows you've been dealt in such a short time.

The first thing you need to remember, though, is that there is a fine line between keeping your composure and stuffing your feelings. The former can be helpful for you and those around you in certain situations, but the latter — especially over a long period of time — can prove toxic.

So make sure to give yourself time and space to express your feelings, whether it be in a journal, with a friend or just in quiet contemplation.

The more you do this, the less of a hold they'll have over you when you're with your aunt. Your emotions are there for a reason, and fighting them too hard can often backfire.

That said, when you feel yourself welling up in an unwanted moment, it can be helpful to actually TRY to cry. Often, this neutralizes the involuntary onslaught that can overcome you, and allows you to gain composure.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

• TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO• SWING • HUSTLE •

Arthur Murray® Franchised Dance Studios

Add some more Class... with just a few Classes!

Classes Forming Now

25% OFF NEW STUDENTS ONLY

TYSONS CORNER 703-556-0088
BETHESDA 301-657-2700
GAITHERSBURG 301-590-0387
COLUMBIA 410-772-7880
ALEX/LANDMARK 703-751-4336
ASHBURN 703-729-7055
SILVER SPRING, HWY. 29 N. 301-681-4466

WWW.ARTHURMURRAYDC.COM

What you do on the dance floor is our business!

They'd love your old love seat.

Sell your stuff in Express.

Place your Classified ad today.
202-334-6200.

express
A Publication of the The Washington Post

expressnightout.com

Classified ads appear in Express and The Washington Post.

X4371 2x2.5

Don't miss a beat.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

Look for site highlights in today's Express.

XX435 3x5

Goods | fit

NEW IN HEALTH
warm ups

KIND OF A BIG DEAL

Chad Waterbury has the brawn of a bouncer (because he was one) and the mind of a neurophysiologist (that's his gig now). He's combined his bod and brains to study the science of muscle building. In "Huge In a Hurry" ($24, Rodale), he explains his method. In short: Lift heavy things quickly.

HEAD CASE

Dudes don't have a monopoly on winter sports and tunes now that ladies can pull on a Bula Stereohead Keno Earphone Benie ($40, Snowshack.com). The fleece lining of the knit hat has headphones built in, so simply connect your music player and rock on.

SORE WINNER

Our annual yuletide cold sore appeared just as mistletoe went up. But Nexcare Cold Sore Treatment ($12.49, drug stores) popped up too. The ointment, powered by tropical oils and benzocaine, both soothed and slayed Oozy the Holiday Blemish, truly a Christmas miracle.

HAVE A BALL

It looks like a snowball, but you don't throw The White Ball ($35, Sephora.com), you wet it. The sphere — a soap crafted from the nut of the Ojon tree and white cocoa seed butter — melts into a scentless, moisturizing salve that left our tester's skin feeling super soft.

GUINEA PIG

Spud's For You

■ In the war between holiday dishes and a healthy diet, mashed potatoes can be a fierce battle ground. But spud loving waist-watchers who are willing to forgo the gravy and replace Mom's homemade version with Betty Crocker's new 80-Calorie Pouch Potatoes ($1, grocery stores) can go ahead and indulge — if that's a word one can use in regard to instant potatoes.

They're certainly easier to make than the real deal (just add hot water and microwave). And the three flavor choices of creamy butter, roasted garlic, and cheddar and sour cream are surprisingly creamy, flavorful and filling.

But the best part about Betty's super-light spuds? At just 80 calories per serving (each bag serves four), if you get a little greedy and gobble up half the bowl, it's still pretty much a guilt-free indulgence. And did we mention there's just one gram of fat — but three of fiber — in each serving?

Plus, with potatoes taken care of, you can reserve your extra calories for a big slice of pie instead. BETSY LOWTHER (EXPRESS)

Voted
BEST YOGA STUDIO IN D.C. AREA
By WUSA Channel 9 viewers
FREE INTRODUCTORY CLASSES
December 22nd - January 8th
BACK CARE
PRENATAL
SENIORS
& GENTLE
CLASSES
Unity Woods YOGA CENTER
Visit us at www.unitywoods.com or call 301-656-8992

Get fit
Tuesdays in Express
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX142 1x3

Élan DANCESPORT CENTER
OPEN HOUSE JANUARY 3RD!!
WWW.ELANDANCESPORT1.COM
8442-A Lee Highway Fairfax, VA 22030 / 703.289.3070 / support@elandancesport1.com
DANCE AND LEARN TO DANCE!
BALLROOM
American Smooth & Rhythm!
International Standard & Latin!
NIGHTCLUB
Hustle, Swing, Salsa
Argentine Tango, and More!
GROUPS AND PRIVATE LESSONS
FOR FIRST TIME BEGINNERS, EXPERIENCED DANCERS, AND WEDDING COUPLES
WE OFFER THE BEST VALUES AND ALL-AROUND DANCE PROGRAMS AS A MAJOR STUDIO SERVING THE METRO AREA, PLEASE SEE WEBSITE FOR MORE DETAILS. MENTION THIS AD AND RECEIVE ONE FREE CLASS OR $10 OFF FIRST PRIVATE LESSON. LIMITED TO NEW STUDENTS.

fit | Phys Ed

THE MISFITS

Q Any exercises for someone aspiring to do a pull-up? I'm a regular gym-goer, so I'm not starting from zero, but I'm using the maximum assistance on the assisted pull-up machine and finding it pretty challenging to do more than 3 reps ...

■ If you have an assisted pull-up machine, stick with that. What type of pull-up are you trying to do? The wide-group military style or the classic chin-up (hands facing your face)? The former uses more upper back, the other more biceps. Rowing exercises are good for the upper back. If you have access to a Smith machine, you can use that to practice pull-ups — lower the bar, climb underneath it and do them from a prone position, gradually move the bar higher. You can also build the muscles by doing a "negative" version of the exercise: Using a stool or other step, assist yourself to the top of the motion, then lower yourself slowly, fighting gravity on the way down. H.S.

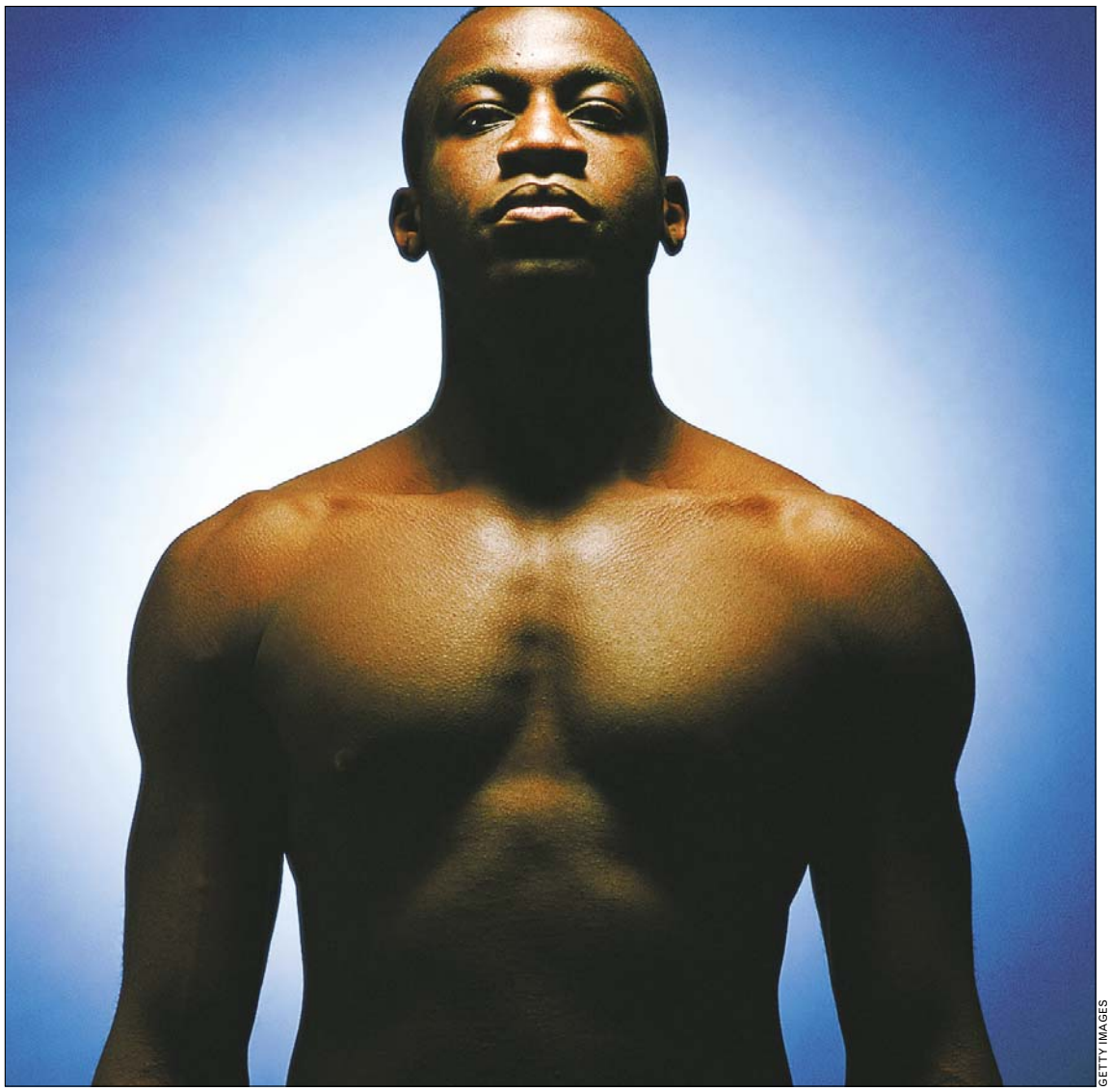
Q I just signed up for the Cherry Blossom 10 Miler! I'm a casual runner and I usually never run more than 10 miles a week. Is this a horrible idea or can I really build up to running 10 miles in a row by April?

■ Lucky you! Those slots are hard to come by. Perhaps, when you were signing up, you noticed that the site has a virtual training program (actually, two: beginner and advanced). So there's help out there to get you up to speed. All progress is personal, so I can't promise anything, but if you already have some running foundation and follow the plan, I bet you'll be fine come race day. I mean, if Howard and I can do it... V.H.

The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gym-goers' pet peeves.

event horizon

→ Kettler Capitals Iceplex's gift to you: extra broomball time! Play this Friday (8:30-9:30 p.m.) or Saturday (8:45-9:45 p.m.) for $10. (627 N. Glebe Road, Arlington, Va., 571-224-0555, Kettlercapitalsiceplex.com)



GETTY IMAGES

Break All These Rules

Exercise edicts evolve, so freshen up your routine with new ideas

Unlike wine and cheese, workout strategies don't get better with age. That's because each year, fitness researchers release thousands of studies that challenge conventional thinking — or at least shed light on ways to tweak it. We've ID'd stale fitness approaches and come up with surprising updates that will land you a scorching body ASAP.

POSITION YOUR HANDS SHOULDER-WIDTH APART

You often see this in instructions for upper-body moves like bench presses and lat pulldowns. Why? Because it gives you a stable starting point. But that doesn't mean you need to stay there set after set. "Spreading your hands a few inches farther out stresses more of the inner portion of your biceps; bringing your hands in a few inches builds more of the outer part," says New York City personal trainer Steve Lischin. Switch up your position after every set for balanced strength and overall tone.

CRUNCHES FOR A FLAT BELLY

Turns out Pilates abdominal moves are superior to crunches for sculpting your midsection, according to a study at Auburn University Montgomery in Alabama. An exercise called "the teaser" is especially effective. It activates 39 percent more of your rectus abdominus muscle (that's your six-pack) and 266 percent more of your external obliques (your love handles). To do it: Lie face-up on a mat. Lift your legs so your thighs are perpendicular to the floor and your knees are bent 90 degrees. Raise your hands toward the ceiling. Lift your torso and straighten your legs, so your body forms a V. Hold for one second, then roll back down, keeping your legs raised.

SQUATS = A PERFECT BUM

To flaunt that sexy bikini bottom by your when-will-winter-end beach getaway, try doing hip extensions instead of squats. The move hits 55 percent more of your hamstring muscle and 79 percent more of your glute muscle, according to a study by the American Council on Exercise. To do it: Get on your hands and knees. Keeping your knees bent, lift your one heel toward the ceiling, then lower it back down to the starting position.

EAT LOTS OF EXTRA PROTEIN FOR LESS JIGGLE AND MORE TONE

While it's true that protein is a vital muscle food, your body can use only so much of it. "Any extra protein calories you take in will be stored as fat," says Molly Morgan, owner of Creative Nutrition Solutions in Vestal, New York. So if you're eating an 1,800-calorie diet, try to shoot for a maximum of 360 calories, or 90 grams, of protein each day.

> "Less rest increases calorie burn and adds a cardio component."

UP-DOWN-UP-DOWN. REPEAT.

Instead of raising and lowering a weight (or your body weight) in one continuous motion, pause for a second about halfway up, continue the movement, then pause again about halfway down. You'll fry more fat without sucking much more time out of your schedule.

WATCH YOURSELF IN THE MIRROR

While the occasional glance at your reflection to check form is good, for exercises that involve balance, such as the one-legged squat, you'll get a bigger boost if you face away from the mirror and close one eye. Doing so activates neural pathways between your brain and your muscles that you don't otherwise use.

REST BETWEEN SETS

"Less rest increases your calorie burn and adds a cardio component to strength training," says New York City personal trainer Lindsay Dunlap. Try supersets: two exercises performed back to back. For example, you might do a set of pushups immediately followed by a set of seated cable rows, then rest a minute before repeating.

WEIGH YOURSELF DAILY

The scale isn't a great indicator of fat loss. For a better (and more, um, hands-on) progress report, place your fingers on your belly and inhale deeply so that it expands. As you exhale, contract your abdominal muscles and push your fingertips against your hard abdominal wall. Now pinch. "You're holding pure fat," says Tom Seabourne, author of "Athletic Abs." Do this every day and you'll rarely skip a session. STEVE MAZZUCCHI (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Go Nuts With Peanut Butter

The condiment is healthy, filling and can be a dieter's best bud

GETTY IMAGES

Everyone loves getting PB&J sandwiches in their school lunch boxes — until they decide that peanut butter is a guilt-ridden indulgence akin to candy bars, cookies and cakes. Here's why that theory is wrong:

Peanut butter helps you lose weight

Calling peanut butter a diet food, with 180 to 210 calories per serving, may seem counter-intuitive. But it has the enviable combination of fiber (2 g per serving) and protein (8 g per serving) that fills you up and keeps you feeling full longer, so you eat less overall.

It's nutritious

A serving of peanut butter has 3 mg of the powerful antioxidant vitamin E, 49 mg of bone-building magnesium, 208 mg of muscle-friendly potassium, and 0.17 mg of immunity-boosting vitamin B6. Research shows that eating peanuts can decrease your risk of heart disease, diabetes and other chronic health conditions. One study published in the Journal of the American Medical Association found that consuming 1 ounce of nuts or peanut butter (about 2 tablespoons) at least 5 days a week can lower the risk of developing diabetes by almost 30%.

It's got the good fat

Peanut butter is chock-full of heart-healthy monounsaturated fat. A recent study found that insulin-resistant adults who ate a diet high in monos had less belly fat than people who ate more carbohydrates or saturated fat.

PS: If you're buying reduced-fat peanut butter because you think it's better for your waistline, save your money. The calories are the same (or even a little higher) thanks to the extra ingredients that are added to make up for the missing fat (including more sugar).

How to buy the best

The fat and calorie counts of most brands of peanut butter are similar, but there are other indications of a healthier pick.

Start by looking out for sodium. Counts can range from 40 mg to 250 mg per 2-tablespoon serving. (Organic versions tend to have less.) Keep in mind that higher sodium content tends to mask the peanut flavor.

Sugar also varies widely: Natural brands have 1 to 2 g — about half as much as commercial brands. The sugar content isn't so much a health issue as a question of flavor and use. If you're making a savory dish like satay sauce or combining peanut butter with a sweet ingredient, such as jelly or honey, save a few calories by choosing an unsweetened brand. (REPRINTED WITH PERMISSION OF PREVENTION RODALE INC.)

EATINGIN

LARRY CROWE/AP

CURRANT AND THYME CHICKEN

INGREDIENTS: 4 boneless, skinless chicken breast halves (about 1 1/4 pounds), 1/4 cup all-purpose flour, 1 teaspoon salt, 1/2 teaspoon ground black pepper, 1 tablespoon olive oil, 1 tablespoon butter, 4 medium shallots, finely chopped (1/2 cup), 1 teaspoon sugar, 3/4 cup reduced-sodium chicken broth, 1/4 cup dried currants, 1 1/2 teaspoons chopped fresh thyme leaves, 1 tablespoon balsamic vinegar, 1/2 teaspoon cornstarch

30 MINUTES, SERVES 4

ARRANGE THE CHICKEN breasts in a single layer on a work surface and cover with plastic wrap. Using a meat mallet, heavy skillet or a rolling pin, pound them until flattened to about 1/2-inch thick.

In a shallow dish, combine the flour, salt and pepper. Dredge both sides of each breast through the seasoned flour.

In a large nonstick skillet over medium-high, heat the oil and butter. Add the chicken breasts and cook until they are well browned on both sides and no longer pink at the center, about 4 minutes per side. Transfer them to a plate and cover with foil to keep warm.

Reduce the heat to medium-low. Add the shallots and sugar to the skillet and cook, stirring, until they begin to color, about 2 minutes. Add the chicken broth, currants and thyme, then stir and scrape the bottom of the skillet.

In a small bowl, stir together the vinegar and cornstarch. Stir the mixture into the skillet and bring to a simmer. Let cook until the sauce is thickened, about 2 minutes. Serve the chicken breasts topped with the sauce. (AP)

292 calories, 35g protein, 18g carbs, 8g fat, 90mg cholesterol, 420 mg sodium, 1 g fiber

PILL POPPING

The New Supervitamin

■ The "D" in vitamin D doesn't stand for "deficiency," but it might as well. Current guidelines call for 200 to 600 IU daily; many researchers now believe we may need up to 1,000 IU or more — from D-rich foods such as fish and low-fat fortified dairy products, 10 to 15 minutes of direct sunlight daily and supplements. Here's why becoming a devotee of D is such a bright idea.

GETTING ENOUGH D CAN... Relieve backaches. Among 360 chronic back pain patients, symptoms improved in 95% of those who took a high dose of vitamin D. Ward off cancer. Higher levels may cut in half your risk of breast, colon or rectal cancer. Deter diabetes. In a study of more than 83,000 women, those with the highest intakes of calcium and vitamin D had the lowest risk of type 2 diabetes.

ISTOCK

BEING D-DEFICIENT CAN... Weaken bones. Eighty-five percent of women hospitalized for osteoporotic hip fractures have a deficiency, according to Brigham and Women's Hospital in Boston. Increase the blues. Blood levels of D were 14% lower in depressed individuals, a recent study discovered. Shorten your life. Among 13,331 adults, a deficiency boosted premature death risk by 26%. DANIELLE KOSECKI (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

fit | Looks

WEAROUT

GETTY IMAGES

Sock It To Me

Shoes monopolize all the attention, but that layer of fabric over your feet is pretty darn important, too. Choose wisely.

1 **GET SQUISHY.** Match the amount of padding to your activity. "The longer you're on your feet, the more cushioning you'll want," says Anthony Clark of the outdoor-gear e-tailer Backcountry.com. Exception: running. Because shoes have more cushioning than ever, crazy-thick socks aren't necessary, even for a marathon.

2 **GO FOR A TEST RUN** (sort of). Try them on in the store, in the shoes you'll pair them with (yes, most stores will let you). With the shoe laced up, your foot shouldn't feel cramped or slosh around.

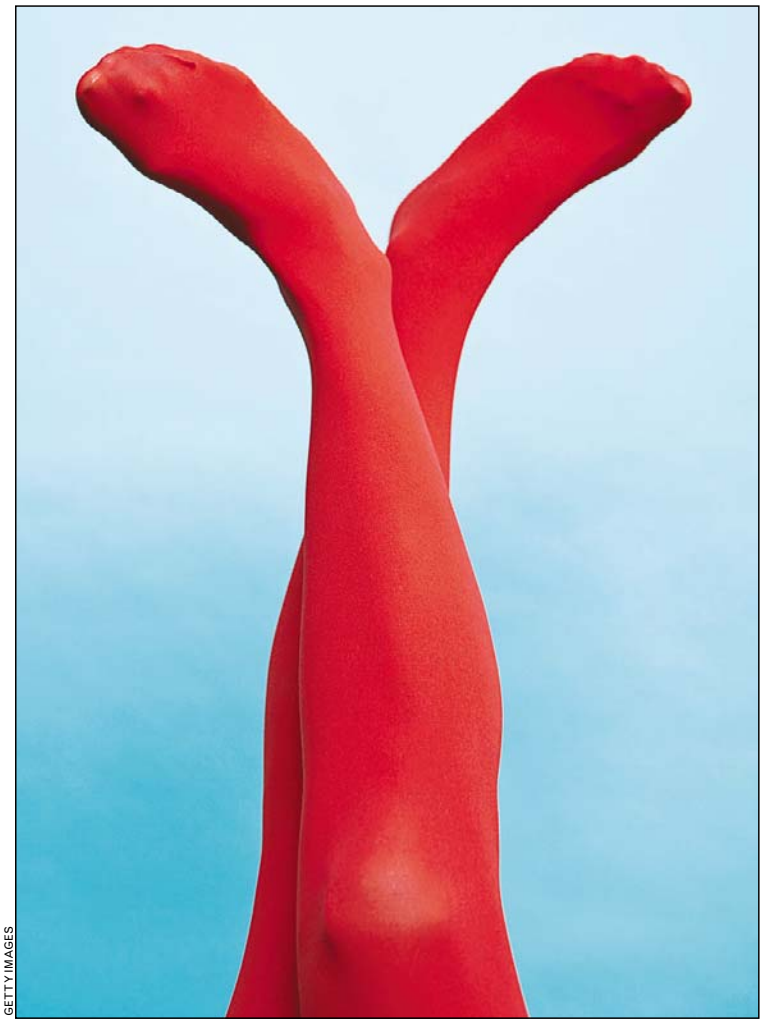
3 **FOLLOW THE CURVE.** Make sure the arch is in the right place. If it's too close to your toes, your shoe will gradually eat your sock and your Achilles tendon and heel will become open targets. If it's too near your heel, the sock is too big; the extra material will quickly become annoying.

4 **HOLD THE LINE.** The toe seam should keep a low profile — seamless is best. If you're blister-prone, look for non-chafing socks — both Wright Socks and Sole make them. They have two layers, which will rub against each other, not your skin.

5 **CONSIDER LENGTH.** If you're hiking on a trail, you'll probably want your ankles covered for protection from brush or ticks. Otherwise, low-cut styles maximize leg length. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC)

Magic in Your Stocking

Now there are more reasons to be tight with your favorite leg wear



GETTY IMAGES

Santa always liked to leave a surprise in your stocking. Lately, hosiery companies have been following the big guy's lead, designing products that not only cover your legs but also offer health benefits.

Pantyhose and tights now boast a host of perks — they fight varicose veins, improve circulation, moisturize, reduce the appearance of cellulite and more. "In cold temperatures, they even provide warmth," says Sally Kay, president and CEO of The Hosiery Association. "It's one of the great things about our products. They're fashionable and functional."

Consumers demand it, explains Cathleen Moxham of Hanes Brands, which has recently experimented with infusing some of its hose with cellulite-targeting "microcapsules." "In the beauty industry, it's the same concept. Moisturizers have sunscreen and ingredients that help minimize fine lines," she says.

The most common perk is boosted circulation — often touted as "energizing" on packages — which comes from graduated compression (i.e. tightest at the ankle, forcing blood flow up the legs). Spanx, known for its signature clenched grip on ladies' midsections, went this route for its All the Way Up With Support product.

"Women who are on their feet all day were telling us they wanted more compression throughout the leg," explains Spanx spokeswoman Maggie Adams. "This gives them extra energy."

Max Hauer, co-owner of Solidea, which focuses on therapeutic benefits, is dubious of his competitors' claims. "Any hose, since it's made of spandex, will give you that feeling of support," Hauer says, noting that Solidea products offer a superior feel because of patented knitting techniques that bestow "sheer and silky" materials with the power of thick, granny-style leg wear.

The brand, launched in Italy in the 1980s and only recently introduced to the United States, is on the cutting edge of hosiery technology. Certain styles are woven with silver to ward off bacterial build-up (and unpleasant odors) or contain aloe vera to soften the skin. Other styles feature "micromassage," which Hauer boasts can tone and smooth. "Most people aren't aware they can help their problems with a good pair of pantyhose," he says.

Just be sure to hang them with care — even super stockings can still run. VICKY HALLETT (EXPRESS)

Spanx Leg Support

➜ **CLAIM:** The body-shaping line turned to graduated compression for this pair's "energizing" benefits. According to the company, the dancers on Madonna's "Sticky & Sweet" tour swear by them.

➜ **LEG UP?:** They're not kidding about that tummy control, but they felt tightest at the ankles (we even have the lines in our skin to prove it). But more lively legs? We're not sure. ($26, Spanx.com)

Hanes Anti-Cellulite

➜ **CLAIM:** Butcher's broom, gotu kola, horse chestnut and several other "active ingredients" are supposed to "reduce the appearance of cellulite" — when worn eight hours a day, five days a week for 12 weeks.

➜ **LEG UP?:** We didn't do the full three month test — just one day. But the patterned fabric on the thighs massaged as promised. ($8.95, Kohls.com)

Solidea Selene Opaque

➜ **CLAIM:** Not content merely to offer graduated compression, these babies are also treated with moisturizing aloe vera and boast "anti-stress" soles (which apparently involves extra padding).

➜ **LEG UP?:** The fabric put off our tester because it resembled her dad's socks — and was strangely itchy for something that moisturizes. But she plans to don them again. ($32, Legluxe.com)

SKIN DEEP

Do Your Lips a Service

■ **QUESTION:** How can I still wear lipstick and look good when my lips are constantly chapped?

ANSWER: Exfoliating your lips is key. Gently rub them in a circular motion with a damp washcloth in the morning and at night. Then apply a soothing balm made with hydrating shea butter, beeswax or petrolatum. Be sure to use one with a built-in SPF 15 or higher during the day to keep the sun from drying out your lips even more. Try Nivea Lip Care A Kiss of Protection SPF 30 ($3; drugstores). When applying color, opt for a gloss or creamy lipstick — both moisturize and reflect light, creating the illusion of smooth skin. Steer clear of shimmery formulas and dark shades; they draw attention to the dryness. Instead, choose lighter colors such as soft rose or pale peach. Try Avon Glazewear Liquid Lip Color ($6; avon.com), Sally Hansen Natural Beauty Inspired by Carmindy Color Comfort Lip Color ($10; drugstores) and Bobbi Brown Creamy Lip Color ($22; bobbibrowncosmetics.com). BOBBI BROWN (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)

ISTOCK

STETHOSCOPE

MOUNTAIN CLIMBING

Changes in Altitude

■ Apparently, it's not climbing up Mount Everest that's the hard part. It's coming down. Researchers who studied the reported 212 deaths on the Nepalese mountain between 1921 and 2006 found that the majority of fatalities occurred during descents, and a condition called "high-altitude cerebral edema" — a swelling of the brain — increased the risk of death. Sherpas are much more likely to make it down safely, probably because they're better acclimated to the high altitudes.

WEATHER

Stay Off the Map

■ Sure, D.C. is girding itself for a tidal wave of tourists in January, but Washingtonians don't have to fret about natural disasters the way folks in the South and the Great Plains do. Researchers at the University of South Carolina have developed a "death map" of our great nation, and determined that while nowhere is entirely safe, people who live in those two regions are really asking for trouble. Also of note: Most fatalities aren't from headline-grabbers like earthquakes and hurricanes, but rather, temperature extremes.

SLEEP APNEA

Trouble in Snore

■ Good news for snorers! Except maybe not! According to a study published in the Archives of Otolaryngology, you're burning more calories throughout the day than people who are capable of sleeping silently. But scientists think it's the combo of sleep deprivation and the surges of adrenaline (caused by not being able to breathe) that's boosting your metabolic rate. And most snorers still tend to be overweight.

Ain't Nothing But a Number

Eternal youth is as easy as eating right, exercising and not smoking

Lots of babies come into the world bald and wrinkly, but in the new movie "The Curious Case of Benjamin Button," the title character arrives looking less like an infant and more like an old folks' home resident. Which is what he becomes. And instead of growing up, he goes through life getting younger.

As it turns out, that idea actually isn't so curious. "We look at aging as a progressive thing, but it's not," says Michael Roizen, who launched the RealAge concept in 1999 with his bestselling book "RealAge: Are You As Young as You Can Be?" His Web site welcomes visitors to take the RealAge Test — as 25 million people already have — to find out how their choices are affecting their energy levels and life expectancy.

Making the right decisions means rolling back the clock: Quitting smoking can knock off 10 years, maintaining a desirable weight is good for up to six and regular exercise might equal nine. So a person with a chronological age of 75 is able to have a RealAge that's 27 years younger, according to Roizen's formula. "It doesn't mean you'll live 27 years longer," he says. "But we can predict your quality of life."

Of course, making bad calls about your health ups your RealAge, which can serve as a motivator to reverse the trend. "To drop eight to 12 years is as easy as substituting walnuts for potato chips, flossing and walking 10,000 steps a day," Roizen says. His most surprising tip: Make sure your environment has yellow lights and red and green walls. It'll make you more productive.

COURTESY PARAMOUNT PICTURES

Benjamin Button (played by Brad Pitt) has to grow out of arthritis to learn to walk.

Associating these benefits with a number has an astounding way of getting through to people who would otherwise balk at changing their lifestyle. "Everybody intuitively understands age. You just get it," explains Roizen.

That's why heart rate monitor manufacturer Polar has developed a similar system (called BodyAge) to encourage gym-goers. Their unit puts people through an hour-long assessment that ranges from physiological tests (lifting a bar to determine bicep strength) to body composition (pinching fat with calipers) to a nutrition questionnaire (how much caffeine do you consume?).

The computer crunches the info and spits out a BodyAge, which Polar's Jennifer Villani says can help staff and clients communicate about their weaknesses and goals. "You go into a health club and someone says your VO2 max is this. That can go over your head," she explains.

> "Forget about Botox. This is how you turn back the clock."

Adams Morgan's Mint Fitness (1724 California St. NW, 202-328-6468, Mintfitness.com) started working with the device two weeks ago. "Forget about Botox. This is how you turn the clock back," promises head trainer Lance Breger.

For proof it'll work, he only needs to look to Alexandria's Mount Vernon Athletic Club (7950 Audubon Ave., 703-360-7300, Mtvac.net), which has had the system since May of 2007. Trainer John Lytle's greatest success story is a 43-year-old guy who initially had a BodyAge of 48. "After seven months, he's now 28," marvels Lytle. "He took that report home to show his wife and now it's become a family competition."

It also provides a way for Lytle's clients to look beyond poundage. "I hate putting people on a scale. It's a mean machine," he says. "With BodyAge, it's what are you doing to improve your life, not just your waistline." If someone's stronger and more flexible, their weight may not go down, but their BodyAge will, giving them positive reinforcement and encouraging them to continue with their program.

In fact, the promise of youth can convince people to knock off every bad habit there is — with a single exception, according to Roizen. "The one thing no one will change is driving speed," he complains. "Three percent will start using seat belts, a whole bunch will change how much they eat red meat, but no one will let their foot off the pedal." V.H.

INSPECTOR GADGET

Step Into the Time Machine

■ Usually, people want to go forward. But with Polar's BodyAge, Mint Fitness head trainer Lance Breger hopes to take his clients back as far as possible. Even the healthiest folks are sure to hit upon some areas to improve during the hour-long assessment ($120). "Maybe it's the regularity or intensity of their cardio, their flexibility stinks or their strength is poor," suggests Breger. You'll find out by answering questions about stress, cataloging your eating habits, testing your ability to lift a bar, reaching for your toes, determining your VO2 Max and getting pinched to learn your body composition.

"And the assessment is just the tip of the iceberg," says Polar spokesperson Jennifer Villani. Indeed, the program goes on to provide calorie intake guidelines, recommend a lifting regimen to up your strength and set out weekly cardio schedules (with suggested amounts of time in various heart rate zones). Not sure how to do that last part? Mint is now also offering "cardio coaching" — unlike personal training, which is normally strength based, these 30-minute sessions ($60) are about keeping your routine varied and valuable. Keep with it, and you can bet your BodyAge will tumble. V.H.

Experience Renewal

at The Vein Clinic of Washington.

Announcing our Fall Special Event

50% OFF Sclerotherapy Treatment for Spider Veins

*for a limited time only

THE VEIN CLINIC
OF WASHINGTON

Call us today to schedule your complimentary physician evaluation,

301-270-VEIN

or visit us online for more information.

www.veinclinicofwashington.com

The Vein Clinic of Washington
5454 Wisconsin Avenue, Suite 1040
Chevy Chase, Maryland 20815

Offering the most advanced treatments, helping you look and feel your best.

The only regional clinic offering both laser and radiofrequency treatments of spider and varicose vein disorders.

Vein treatments are covered by most insurances and patients typically walk away from the procedure and are back to everyday activities within a day.

Dr. Samir Neimat, Washingtonian's "TOP DOCTORS" for fourteen consecutive years and board certified Cardiovascular Surgeon along with Dr. John Yousif, awarded one of America's "BEST DOCTORS" and board certified Plastic Surgeon, are working together to help you look and feel your best.

Place your trust in the hands of Surgeons with over 50 years of combined experience. Call us today to schedule your complimentary physician evaluation, 301-270-VEIN (8346) or visit us online at www.veinclinicofwashington.com.